

## Run For Your Life

Greater: The Supremacy of Jesus Through Hebrews

March 17, 2024

Notes

## Questions for Personal Reflection and Group Discussion

### **1. Read Hebrews 12:1-4.**

In what ways is your life, as a follower of Jesus, like a race?

What is the goal or prize that you are running toward?

List the things that slow you down or get in the way of your journey to being like Jesus. What keeps you from letting go of them?

What one thing will you let go of this week so that you can run the race God has called you to more effectively?

### **2. Read Hebrews 12:5-13.**

What do you think of when you hear the word ‘discipline?’

List some ways that you have experienced the ‘training’ kind of God’s discipline and the ‘correcting’ kind of God’s discipline in your life.

How does discipline help us grow in holiness?

Read verses 12 & 13 again. What do you think ‘tired hands’ and ‘weak knees’ is referring to? How might you strengthen those parts of yourself? And what does marking out a straight path mean? Why is it important? Who is following in your footsteps after you?

### **3. Read Hebrews 12:14-17.**

There are a lot of instructions in these three verses! Make a list of the things we are called to do.

Which of these things are easy for you? Which ones are a struggle? In what area do you need to grow?

### **4. Read Hebrews 12:18-27.**

Give an example from your own life of the difference between looking backwards to the past and looking ahead to the future in hope.

### **5. Read Hebrews 12:28-29.**

What unshakeable things can we hold onto tightly? How do these things give you confidence as you run to finish your race?