



Group Discussion and Application

1. What are your own observations on our text?
2. Why is a race a fitting picture of the Christian life?
3. From your own observation and experience, what are some of hindrances in the Christian race? In what way do these impede our progress?
4. How does sin entangle?
5. What does "throwing off" suggest?
6. What are some of the disciplines and training exercises that have helped you develop endurance in your own faith?
7. What are some specific actions we can take to fix our eyes on Jesus?
8. What are some motivations that help you endure in the Christian life?
9. If a young believer were to ask you for some coaching in the Christian race, what piece of advice would you give him/her for running the race?
10. What does it mean that Jesus is the "*author and perfecter* of our salvation?"



Personal Reflection and Response

1. What impedes your progress in faith? What is holding you back?
2. Where do you need to develop endurance in your Christian walk?
3. How fixed is your focus on Jesus?
4. What step of progress will you take this week to increase your pace, lengthen your stride, and extend your endurance in the race with Christ?



Family Homework

1. What is your favorite kind of race to watch (skating, running, swimming, cars, etc.)? Why?
2. Using pictures from magazines, make a collage on the theme of "racing".
3. How is the Christian life like a race?
4. Discuss some of the questions above.



Rules for the Race

Hebrews 12:1-6

Four rules for running the race that is the Christian life:

1 We are to run the race without _____.

2 We are to run the race with _____.

3 We are to run the race with _____.

4 We are to run the race with _____.