

# Life Group Questions

## Getting Started

1. What do you do to stay in shape?

What do you do to get out of shape?

- Which is easier?

## Sermon

2. There is a philosophy of life that goes “Let us eat and drink and be merry, for tomorrow we die.” Is that a good philosophy or a bad one? Explain.

## Scripture

Read Hebrews 12:1-2

3. Hebrews uses running a race as an image of the Christian life. This passage tells us how to prepare for this race. What are some specific things you should do to follow these instructions?

4. It's not just sin that weighs us down in the race, but things that are good can be weight, as well. Share some examples of the way good things can knock us out of the race.

Read Hebrews 12:3-11

5. What was good about the way your parents disciplined you?

- What was bad about it?

6. Have you ever experienced God's discipline? Share an example.

- What were the results?

## Study

7. Esau sold his birthright for a bowl of stew (Hebrews 12:16-17). Describe a time when you might have exchanged the blessing of God for something like stew.

8. Esau despised God's blessing (his birthright). Jesus despised the shame of the cross (Hebrews 12:2). What does it mean to despise something?

## The Long Run

Hebrews 12:1-17  
Sermon Notes

Shed the \_\_\_\_\_

- This passage seems to say you will either despise one or the other. Is this true? Explain.

Count the \_\_\_\_\_

### Taking It Home?

9. Jesus looked to the joy set before him (Hebrews 12:2). Describe the joy set before you.

- What do you do to keep this joy in front of you?

Focus on the \_\_\_\_\_

### Prayer

How can your Life Group be praying for you this week?

