

# RUN

THE FINAL WORD: KNOWING CHRIST THROUGH HEBREWS | HEBREWS 12:1-13 | AUGUST 16, 2020 | PASTOR MATT ERICKSON

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## SERMON OUTLINE:

*"Let us run with perseverance the race marked out for us, fixing our eyes on Jesus"  
(Hebrews 12:1-2)*

### Run with the crowd (Hebrews 12:1a)

- Hebrews 11
- Surrounded

### Run without hindrances (Hebrews 12:1b)

- throw off everything that hinders
- get rid of the sin that entangles or distracts

### Run after the One (Hebrews 12:1c-3)

- Jesus before us
- Jesus in our vision

### Run who we are (Hebrews 12:4-6)

- children of God
- loved by God

### Run with discipline (Hebrews 12:7-11)

- Endure hardship as discipline
- Submitting to the Father

### Run bandaged (Hebrews 12:12-13)

- strengthen yourself for the distance
- help others

## DISCUSSION QUESTIONS:

1. Have you ever felt like giving up? What did you do? How did you keep going?
2. This week in our walk through Hebrews, we return to some of the verses from last week, putting them into the broader context. Begin your study in prayer, asking God to speak to you through His Word. Then, whether you're alone or with a group, read Hebrews 12:1-11 aloud.
3. Hebrews 12:1 refers back to the entirety of chapter 11. That chapter recounts some great examples of persevering faith in the Bible. What do you think it means that we are "surrounded by such a great cloud of witnesses"?
4. The writer uses the image of athletic competition, particularly a foot race, to describe the life of faith. Why might this be a good image for the recipients who are facing troubles for their faith?
5. Specifically, like an athlete getting into shape and appropriate attire, the writer urges his hearers to "throw off everything that hinders and the sin that so easily entangles" (12:1). What could these things be in our lives?
6. Beginning with verses 4-8, the writer turns attention to the discipline of God in our lives. What do these verses say God's discipline tells us about His relationship with us?
7. Verses 9-11 first address our response to discipline. What does the writer exhort us to do in response to God's discipline?
8. The writer also points out two effects of God's discipline upon our lives in verses 10 and 11. What are they?
9. How have you experienced God's discipline in your own life? How have you responded to it? What fruits have you seen in your life of God's good discipline?
10. What is one thing God is speaking to you through this study of Hebrews 12:1-13? If you are on your own, write that down. If you are in a small group, discuss your answers with one another. Close in prayer. Choose one person in your life with whom you will share something you learned through this study.

## DIG DEEPER:

This week dig deeper into Hebrews 12:1-13. Here are some options for that:

- Memorize Hebrews 12:11 this week
- Explore other passages about God's discipline of His children to gain a fuller understanding of how God uses discipline in our lives: Deuteronomy 8:5-6; Job 5:17-18; Proverbs 10:17; 12:1; 2 Corinthians 7:9-11; Revelation 3:19
- Go for a walk, run, or bike ride this week with Hebrews 12 on your mind. Ask God to teach you about His discipline and endurance through the physical activity that you experience. Journal or talk with someone about what you learned some time in the week afterwards.