

Scripture Readings:

Hebrews 12:1-4 ESV

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. ³ Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴ In your struggle against sin you have not yet resisted to the point of shedding your blood.

Additional Readings:

Romans 13:11-14 ESV

Colossians 3:1-10 ESV

Digging Questions:

1. Describe what stands out to you from the passages.
2. Who is at the core of our growing faith?
3. What is the motivation Paul gives in the passage?
4. What kind of race does Paul imply we are running? What implications does this have?
5. What are some of the weights that hold us back from running well?

Reflection Questions:

1. In your life what is your biggest hinderance to your faith?
2. How do you overcome these hinderances?
3. In what ways does Jesus help in building your faith?
4. What are some ways that you can keep your focus on Jesus?
5. How would you describe your effort in the race?
6. How can your family work together on running well?