



WARMING UP

1. Do you personally enjoy running? Why or why not?

DIGGING IN

2. In what ways is the Christian life like an athletic race? Think about a long distance run, a short sprint, and a cross-country trek. How do these analogies improve your understanding?
3. Read Hebrews 12:1-3 together. The author outlines five key strategies to help us run a strong Christian race:
 - *Run listening (v. 1a).* Who are some of the heroes of the faith—whether living or deceased—in your life? What differences have their example and encouragement made in how you run the Christian race?
 - *Run light (v. 1b).* Discuss the phrases “every weight” and “sin which clings so closely.” What are they referring to? How are they different? How are they similar? What hindrances are slowing you down in the Christian race? What do you need to do to “lay aside” these hindrances?
 - *Run long (v. 1c).* What images or stories come to mind when you think about perseverance? Why is persistence/endurance so important in life generally—and in the Christian race specifically? What life challenges are making perseverance hard for you currently? Read Isaiah 40:29-31 and talk about its truth.
 - *Run in lane (v. 1d).* Pastor Dan highlighted three resources that help us run in lane. What are they? Dialogue about each one individually. How have these resources pointed you in the right direction and prodded you when you were off track? Which resource is underutilized in your life? How could you improve in this regard?
 - *Run looking (v. 2-3).* What are some of the things, other than Jesus himself, that vie for our attention? Why should we fix our gaze on Christ alone? What details about him do we find in this passage that make him worthy of our undivided focus? What difference does “looking to Jesus” make in the Christian race?

BREAKING OUT

4. Overall, what kind of Christian race are you running? How would you rate yourself? What steps could you take to become a stronger runner? How could your small group members assist you in this endeavor?