



**Life Group Discussion Guide**  
**Endurance**  
**Running to Finish– Hebrews 12:12-17**  
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Main thought: As we get unstuck, the routines and schedules of life seek to steal the progress we are making as we pursue Jesus. Jesus desires us to endure through His grace and love to finish the race well.

Welcome and Fellowship Time (suggested time 10 min)

Open in Prayer

Ice-Breaker (suggested sharing time 5-10 min)

- Describe a time when you were at your weariest, so tired you did not think you would be able to stand up? (Maybe it was hours of work, a major construction project, training for an event, etc.)

Week in Review (suggested sharing time 5-10 min)

- Where were you able to throw off your hindrances this week? Share with the group the seemingly good or bad things distracting you from Jesus.

Digging In (suggested time 15 min)

Read Hebrews 12:12-17 together and answer the following questions:

- Review Hebrews 12:11 together. Discuss with each other how God's discipline has benefited you in your growth and maturity in Christ. How did you feel about the discipline at the time and how do you view it now?
- Consider how the charge in Hebrews 12:13 continue the author's challenge from Hebrews 12:1? What challenges does making straight paths and throwing off hindrances bring for us?
- What does pursuing peace have to do with the path of righteousness on which Christians run? What does striving for peace look like inside the context of the local church?
- Discuss some of the poor examples you have followed in your life (No shame here. We are all guilty of following the wrong crowd). How does the example of Esau encourage you to endure?



Further Reflection (suggested time 10 minutes)

Read through 2 Timothy 4:1-7 with your group and discuss the charge Timothy is given from Paul. Then consider the following questions:

- What application can you find for your faithful race in Paul's charge (v.2) to Timothy?
- Paul points directly to Timothy in verse 5, how do the words of Paul echo what the author of Hebrews 12 writes?
- In verse 7, Paul summarizes his faithful finish. What encouragement do you take from Paul's model of finishing the race well?

Application (suggested time 10 minutes)

- What things do you need to remove from your path so healing and growth in your faith can flourish? If you are "weary and tired" in your faith, how can the words of Hebrews encourage you to finish your run well?
- How will you pursue peace and holiness with others this week?
- If you haven't begun your race with Jesus, the "author and perfecter of our faith", will you this week throw off your hindrances and trust in Jesus?

Spend time gathering prayer requests, praying for each other & praying for application of the study in the lives of the group members. (Suggested time 20 minutes)