

# GROWTH GUIDE

*SUNDAY, FEBRUARY 8*

## Share: Get Talking

- When you think of endurance, what's something in life that's harder to finish than it is to start?
- Who was your biggest hype-person growing up—coach, parent, friend, teacher?
- What is the biggest “physical challenge” you ever completed?

## Study: Go Deeper

Read Hebrews 12:1–4 aloud together. Then Pray!

Ask: What word, phrase, or idea stood out to you this time? Why?

### 1. Remember the Witnesses (v.1a)

- Why does the author begin with “therefore”? What is he pointing back to in Hebrews 11?
- How does remembering the faith of others help us keep going when our own faith feels weak?
- Who are some “faith witnesses” in your life—past or present—who inspire you to persevere?

### 2. Remove the Hindrances (v.1b)

- Why do you think the author separates “weight” and “sin”? How are they different?
- What does the phrase “clings so closely” suggest about how sin works in our lives?
- What are some weights that may not be sinful but are slowing your spiritual growth right now?

### **3. Run Your Race (v.1c)**

- What does it mean that the race is “set before us,” not chosen by us?
- How does endurance differ from speed or intensity?
- Where do you find yourself comparing your race to someone else’s?
- What helps you keep running when the race feels long or unseen?
- **4. Refocus on Jesus (v.2)**

- What does it mean that Jesus both begins and completes our faith?
- Why do you think joy—not relief or escape—is highlighted as Jesus’ motivation?
- What distractions most often pull your focus away from Jesus?
- What’s one rhythm (Scripture, prayer, worship, community) that helps you refocus on Jesus?

### **5. Reset Your Expectations (vv.3–4)**

- Why does the author invite believers to consider Jesus’ suffering?
- In what areas of your life do you feel like you should be “further down the road” than you are in your walk with Christ?
- How does remembering Christ’s endurance help you interpret your own struggles?
- What temporary thing might be crowding out an eternal priority in your life?

### **Support: Grow Together**

- What weight or sin do you need to lay aside this week?
- How can we motivate one another to keep moving forward in our faith?
- Based on our conversation, how can we specifically pray for you this week?