

# LIFE-Groups

Growth Assignment—Week #27

## **Don't Give Up—Heb 12:1-3**

We have made the journey through the Hall Of Fame Of Faith, now we swing open the doors to enter into the arena of life. Where the writer of Hebrews now encourages us to run life's race with perseverance and endurance. The Christian life isn't a sprint, it's a marathon. We must learn to run the race well. What does it take to run well the Christian race?

**Let's Start**—THEREFORE—the writer of Hebrews often used the word therefore to encourage the readers, READ the following verses to see what Hebrews uses the word therefore to encourage us:

Heb 2:1—Therefore—

Heb 3:1—Therefore—

Heb 4:1,11—Therefore—

Heb 4:14—Therefore—

Heb 6:1—Therefore—

Heb 10:19-25—Therefore—

Heb 12:1—Therefore—

Heb 12:28—Therefore—

Heb 13:15—Therefore—

What words of motivation often follow the word therefore?

**Let's Go**—Here we are encouraged to: Let Us Run The Race. Paul often used the image of an athlete in his writings. READ the following verses and see what Paul told us about competing as an athlete:

Acts 20:24—

1 Cor 9:24-27—

2 Tim 4:7—

**Let's Run**—Heb 12:1-3—The writer of Hebrews gives us several word pictures to help us run the race with perseverance. How do these pictures help you to persevere in the race?

A Great Cloud Of Witness—

Laying Aside Weights—

Untangling The Sin—

The author also uses the word “We” in this passage, how does that offer encouragement to you?

**Let's Look**—We must look at Jesus in order to run the race well. How does Jesus help us to run well the race?

Author & Perfecter

Joy Set Before Him

Sat Down At The Right Hand

**Let's Finish**—It's not just starting or running the race that gets us to the finish line, we still have to finish the race well. What encouragement does Hebrews give us to finish the race? How do the following prevent us from running the race well?

Opposition:

Weariness:

Losing Heart:

When are you most likely to experience the above hardships in the race you are running?

How does looking to Jesus help us to overcome these difficulties?

What encouragement does this give you to keep running?