

Study Notes based on Sunday 9 September

Based on Hebrews 12:1-3 (John Smith)

1. Think about the great cloud of witnesses. Reflect on some described in Hebrews 11. Do you think they are watching you, cheering you on, or does witness encourage you to progress in the race of faith?
2. Share times when you have achieved something with the help of those who have been encouraging you, and times when someone else's achievement has spurred you on to say, 'I can do that.' Did you ever stop to say 'thank you' to your encouragers?
3. What do you think it means when Jesus is described as the pioneer and perfecter of our faith?
4. We looked at five coaching tips for running the Christian race.
  - (a) Throw off everything that hinders – what legitimate but unnecessary baggage could slow a person down (render them less effective) in the Christian race?
  - (b) Does the sin which so easily entangles disqualify the Christian from the race? How can we guard against becoming entangled in sin? Read 1 Corinthians 10:12
  - (c) Run with perseverance. What factors may tempt us to give up running the Christian race? What factors may help us to persevere?
  - (d) The race marked out for us. How do we discover our personalised route? How great is the tendency to try and copy someone else. See John 21:20-22 note the word YOU in v22 is emphatic.
  - (e) Consider Him. What are the implications of Jesus having completed the course ahead of us?
  - (f) How do you feel about the concept that with the fruit and the gifts of the Spirit, you are a Superhero in the making?

John S Smith 9 September 2018