

Simply Jesus
Running for Eternity
Sunday, February 23, 2025

Hebrews 12:1-13 NIV

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. ⁴In your struggle against sin, you have not yet resisted to the point of shedding your blood. ⁵And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, ⁶because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”

⁷Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? ⁸If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. ⁹Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! ¹⁰They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. ¹¹No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹²Therefore, strengthen your feeble arms and weak knees. ¹³“Make level paths for your feet,”

1. **Fix Your Eyes on Jesus.**
2. **Accept Fatherly Correction.**
3. **Run with Patient Endurance.**

Conclusion: We have a cloud of witnesses, the heroes of faith, as an example of patient endurance. We have Christ Himself as both the object of and author of our faith. Let us consider Him to help us persevere in this time of training to receive our eternal reward.

LIFE GROUP LESSON

Running for Eternity
Week of February 23, 2025- March 1, 2025

Ice Breaker: What is something you have spent time and effort training for? Was it always comfortable or was there some pain?

Read Hebrews 12:1-13.

1. Who is the cloud of witnesses? (v.1) Go back to chapter 11.
2. How do they encourage us in our faith journey?
3. Because of their example, what are we to do? (v.1)
4. What does this mean practically for each of us?
5. If we are to run with perseverance, what does this tell you about the type of race we are in?
6. Who are we to fix our eyes on? Why? (v.2) How do we do this?
7. What did Jesus endure? What did He scorn or despise?
8. We are told to “consider Him” in v.3. What does this mean in application? What do we to think about and meditate upon? Why?
9. What does v.4 put into perspective?
10. To run our race well what do we need? (v.5) What does any athlete need to race well?
11. How can discipline and chastening help us persevere to the end?
12. Why does God rebuke, discipline and chasten us? (v.6) Do you remember this, or become confused as to this truth at times?
13. Does it feel like love in the moment? How can we learn to see it as such?
14. How are we to view hardship in life? (v.7) Why, what happens as we go through hardship?
15. What would it mean if God did not discipline us? (v.8)
16. What is the difference between earthly fathers and our heavenly fathers in terms of discipline? (v.10)
17. What does righteous discipline produce in our lives? (v.11)
18. What does v.11 tell us about how discipline is used by God?
19. Read 2 Timothy 1:7. What does the Spirit give us in our training?
20. Read 2 Corinthians 1:5-6. For what other purpose is God training us?
21. Therefore, what are we to do? (vs. 12-13) How do we do this? (v.2)
22. Read Hebrews 12:28-29. What is our attitude and who is our God? What does this mean about what He is doing in us?

Point to ponder: Hebrews calls us to keep running our race and let Jesus be our WHY, and anchor to every WHAT we face. Let us receive the training from God to help us finish our race well.