



Selah: Pause and Respond

Discussion Guide | July 7, 2019

Hebrews 12:1-3

Questions for Study and Discussion

**Before you begin, please read Hebrews 12:1-3 as a group.

1. Hebrews 12:1-3 uses the image of “running a race” when it talks about following Jesus. In what ways is following Jesus like a race?
2. If you’ve been following Jesus for a while, how have you seen this image (that following Jesus is like a race) prove true in your own life? If you’re new to following Jesus (or if you’d say you’re still exploring), how does this image of a race help you understand what it means to follow Jesus?
3. In Hebrew 12:1, the passage reminds us of the “great cloud of witness” who can motivate our own faith. Who is this “cloud of witnesses” referring to? In what ways can their faith motivate your own?
4. If we’re to run the race well, what does Hebrews 12:1 tell us to “throw off” or “lay aside”? Why is this important?
5. The Christian practice of confession is an important way to deal with sin in our lives, and acknowledge distractions that are impeding our relationship with God. Spend some time as a group talking about confession. For example:
 - What does confession mean?
 - How practically do we confess?
 - What is our hope on the other side of confession? (Hint: Read 1 John 1:9.)
6. Hebrews 12:1-3 makes it clear that the focus of our faith is Jesus. What specific truths about who Jesus is and what’s He’s done does this passage point out?
7. How can these truths about Jesus’ identity and work help you “fix your attention” on Him?
8. Look closely at verse 3. How is this passage cheering us on toward faithful perseverance in our own lives?
9. Is there an area of your life where you’re tempted to slow down or give up? Based on what you’ve learned in Hebrews 12:1-3, how can you stay engaged in faithfully “running the race” of following Jesus that’s marked out for you? What practically will this look like in your life this week?