

SERMON APPLICATION GUIDE

FIX YOUR EYES

HEBREWS 12:1-11

APR. 12, 2015

TAKEAWAYS

Write out your one-sentence takeaways. Consider writing these on a notecard and putting it on your mirror, desk, or car dashboard.

What to remember:

What to put off/put on:

What to share with someone:

NEXT STEPS

Here are some possible next steps to walk in this truth this week.

- Memorize and meditate on Hebrews 12: 1-2.
- Thank God in prayer for the people he used to pass on the faith to you. Thank them personally if you are able.
- Talk to someone close to you, and have him or her pray with you over a certain sin that clings so closely.
- Ask God to help you remember to look to Jesus and his example when the race of faith is difficult

FOR FURTHER STUDY

For those wanting to study some of the key ideas in more detail here are some cross-references and resources.

- For further help on laying aside the weight of sin take a look at Thomas Brooks' book *Precious Remedies Against Satan's Devices*, or Kris Lungaard's book *The Enemy Within*.
- For an incredibly challenging and encouraging book on running to race of faith read *Holiness* by J.C. Ryle.
- **Running the race of faith:** 1 Cor. 9:24-27, 2 Tim. 4:1-8, Phil. 3: 12-16, 1 Thess. 4:1-7
- **Christ as our Founder and Perfecter:** Heb. 2:10, Phi. 1:6, 1 Thess. 5:23-24, Eph. 1: 3-10, 1 Cor. 1:4-9, Psalm 55:22

APPLICATION & DISCUSSION

These questions focus on the sermon text and message. We've highlighted key ones but use however many your group needs.

- 1. Hebrews chapter 11 is an account of the great cloud of witnesses that we read about in Hebrews 12:1. Recount some of your own personal or biblical heroes of the faith and how their witness helps you run the race of faith today.**
2. In our passage, it tells us that the Christian life is like an athlete running a race. What message(s) do you think the author is trying to convey by using this metaphor? How should a Christian runner train for the race of faith? What part does your small group play in your training?
3. Sin, in Hebrews 12:1, is described as a weight that clings closely. Why do you think the author describes it this way, and why do we often try to run the race with the weight of sin hanging on to us? How do we lay sin aside? At some point, break off into groups of men and women and confess sin that weighs you down and pray over one another. (Read 1 John 1:7-2:2 and Romans 8:1 before you begin).
4. After giving us the image of running the race of faith, the author of Hebrews tells us that Jesus is the "founder and perfecter of our faith." How do these titles for Christ change the way we see and run the race? Does it encourage you? Why or why not?
- 5. Often times when the race gets difficult we look to many things other things than Christ for help. What are some unbiblical ways we deal with hard seasons in the Christian race of faith? In what ways can we look at Christ's life and seek to apply it to our own lives. (Read 1 Peter 2:20-25 for clues).**
6. **In what ways is God's discipline a means of grace? What is God's goal in discipline and how should that shape the way we receive discipline. What are some practical ways to receive discipline that shows we desire to honor God? (Heb. 12:10-11, Rev. 3:19)**
7. Why is it dangerous for us to try and figure out whether life circumstances are apart of God's discipline? What is the difference between God's discipline of us on earth to sanctify us and God's final judgment for sin? (Read Colossians 2:13-15, Heb. 12:10)

HOW TO PRAY

Pray over the praises and requests of those around you but here are some additional ways to pray into our passage this week.

- Praise God for giving us a great cloud of witnesses that have run the race before us. Thank him for the people who passed down the faith to you.
- Ask God to help you to see any weight of sin that is hindering from running the race with endurance. Confess that sin to God, knowing that Christ has already paid our debt so we can live to righteousness.
- Thank Jesus Christ for running the race perfectly, and imparting his perfect life to us so we can run with confidence.
- Pray that you might see God's discipline as grace, and see as it as an opportunity to grow in holiness.
- Pray for SERVE|15 in these ways:
 - Pray that God gets the glory through our effort, and that some might be saved through gospel conversations

- Pray that all the logistics of the project would be smooth and we have good weather.
- Safety during transportation and on the projects.
- Ask God how you can participate in SERVE|15 either by volunteering or committing yourself to prayer each day until April 25th

