

## Pause Group - Hebrews 12:1-11

Begin your time together by sharing highs and lows from the past week. Pray together with gratitude for the joys of the week in the lives of your group members and the world. Pray for those dealing with struggles. Pray for the worlds struggles.

**Study Questions:** Address the questions your group desires

1. What stood out to you in the readings from the *Hebrews for Everyone* book this week? (pages 147-154)
2. Think of a competition you were involved in, whether athletic, or otherwise. What helped you finish or what caused you to drop out? Explain.
3. In 12:1-2, the writer uses athletic imagery. Describe the things he mentions that would help someone run a footrace with efficiency and success.
4. How do these parallel the Christian life?
5. How would verses 2-3 about Jesus' experience and work have served as an encouragement for the early believers in their context?
6. According to verses 4-11, how is a discipline from God evidence that we are his beloved children?
7. The truth of verse 11 is offered so that we can cling to it when things are difficult. There is so much sorrow in an ordinary human life. Again and again, we find ourselves disappointed, opposed or suffering in some way or another. We may in faith hear the gentle and wise voice of the Father, urging us to follow him more closely, to trust him more fully, to love him more deeply.
  - How have you seen this to be true in your own life or the lives of others?

**Closing prayer** – Today, as you end this session with prayer, have one member start with a petition. Focus on petitions of thanksgiving, things or people that you are thankful for. Then go to the next member of the group, each person adding a petition of thanksgiving. The last person to pray, after adding their petition, can end the prayer with as simple as Amen.