

1. Most of us have been in a race of some sort. Describe what you did to prepare for the race. What obstacles did you face in the race? How did you finish?
2. You enter the race described in Hebrews 12 by faith. Faith is believing God's Word and acting on it no matter how I feel knowing that God has promised a good result. Let your eyes scan Hebrews 11. Who do you identify with in that chapter? How did faith move them forward? How does knowing that you are surrounded by people of faith motivate you?
3. Verse one identifies two things that prevent us from moving forward. What is the difference between "sin" and "weight" in v.1? Weights are often good things that compete for the best things God has for us. What weight is keeping you from moving forward in faith?
4. Is it difficult for you to believe that God has "set your course?" What is unique about the course God set for you? Why is this essential to moving forward in faith?
5. What was the "joy" set before Jesus? What stood between him and the finish line? Do you ever stop looking forward because you starting looking back at the shame of your past performance?
6. What part of the "training" is difficult for you right now? Do you believe that the training is necessary to prepare you for what God will do in you "later"?
7. Verse 15 warns of a "root of bitterness." Bitterness is the result for failing to apply God's grace to when we have been hurt. Have you failed to move forward because you got tripped by a root of bitterness?
8. God's grace is available for every assignment he has given us. Grace is the supernatural ability of God at work in me that gives me the desire and power to move forward. What situation or relationship do you need God's grace for?
9. Essau fail to move forward because he missed the opportunity. Opportunity is the intersection of urgency and ability. Where do you sense God stirring urgency in you? What ability has God given you to act on your sense of urgency? How will you respond to that opportunity to move forward in faith?