



One of the primary reasons that the author wrote this letter to the Hebrew people is because they were contemplating about leaving their faith in Jesus. They had considered returning to temple worship and the Law. Essentially, they were abandoning Jesus and returning to Moses. In Hebrews 12 we are exhorted to think about the plurality of saints who've gone before us in the faith. The author just listed dozens of them in Hebrews 11. We see the author give a strong encouragement to fix our eyes on Jesus. The reason we can fix our eyes on Jesus is because we know that Jesus is the author and perfecter of our faith. Study these questions to grow in your faith.

1. Neal opened the sermon with a story about the Kenyan runner, Eliud Kipchoge, who finished a marathon in under two hours. What did this man have to give up and what did he need in relational support to accomplish this task?
2. Read **Hebrews 12:1**. The author reminds us that we are surrounded by such a great cloud of witnesses. He is referring to the saints who've gone before us. Have you read the Old Testament so you can know these saints' stories?
3. We are also encouraged to throw off all the sin that hinders us from following Jesus. **Read Matthew 9:6, Mark 2:5, Luke 5:8, and John 5:14**. What do these passages about Jesus teach us about leaving our life of sin? What sin do you need to leave?
4. Read **Hebrews 12:2**. Once we leave our life of sin, we need a new focus. The author encourages us to fix our eyes on Jesus. **Read Psalm 132:2 and Matthew 15:8**. Talk about what stops you from looking solely to Jesus.
5. The author teaches us that Jesus endured the cross for our sake. **Read Mark 15:37-38, Luke 22:63-64, and John 19:34**. Looking at these passages, talk about the physical pain that Jesus through to save us from our sins.
6. Read **Hebrews 12:3**. The author brings the passage full circle and exhorts us to look to Jesus as the example of our life. How come we fail to look to Jesus as our example for living? What characteristics of Jesus do you want more in your life?
7. We talked about four ways to follow the example of Jesus: Be compassionate to others, endure suffering, be generous, and invest your life into others. Which one of these are your implementing in your life this week? Why and how?
8. Close your time in prayer. Pray for strength to invite a friend to meet Jesus.