



BEZEL

## “The Race”



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### Getting Started

What is the biggest audience you ever performed for or played a sporting event in front of?

If you could choose a platform to perform in front of or play in front of and succeed what would you choose (The Super Bowl, the Grand Old Opry, Broadway, the World Series, etc.)

### Going Deeper

What was one idea or thought that you took away from Sunday that impacted you the most?

On several occasions the Bible talks about our life here on earth as a race. Take a moment to read the following verses and discuss what you think it means when the Bible tells us we are in a race.

[Hebrews 12:1-2](#)

[1 Corinthians 9:24](#)

[Galatians 5:7](#)

[2 Timothy 4:7,8](#)

On Sunday we talked about three great lessons on running. Let's take a moment to discuss each one

#### **1. If you are going to run fast, run light.**

*Let us throw off everything that hinders and the sin that so easily entangles. [Hebrews 12:1](#)*

Which of the following external weights are most likely to keep you from running a good race?

- Your demanding boss
- A friend who is a negative influence
- A parent who has scarred your self image
- Television or movie viewing habits
- Time wasters like Facebook, Instagram, Snapchat or video games
- Your phone

What internal weights tend to keep you from running a good race?

- Bad habits
- A tendency to be negative in your thinking.
- You get easily discouraged.
- Irrational fears that keep you from risking the thing that God wants you to do.

## 2) Run in the right direction

*Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. [Hebrews 12:2](#)*

What are the kinds of things to get you off course in your relationship with God?  
What are some habits you can develop to stay on course?

## 3) Run through the pain

*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. [Hebrews 12:11](#)*

Have you seen the truth of this verse played out in your life?

What difficult "discipline" are you going through in your life right now?

What are the character qualities you think God may be growing in your life through this difficulty?

When you go through hard times, how will you respond?

Will you get angry. Will you think, why me? Or will you fix your eyes on Jesus? Will you listen to what he is telling you? What are some ways you can practice fixing your eyes on Jesus?

### Prayer

Take a few minutes to share any prayer requests and have someone close in prayer.

