

HOW TO LOVE LIKE JESUS

STUDY GUIDE

Hebrews 12:1-2

Observation questions

1. According to Hebrews 12:1, what are the two specific things we are instructed to "lay aside"?
2. What does the passage say we should be "looking to" as we run our race?
3. The sermon described how some "dead weights" are not sins but still slow us down. What were some examples given of these types of weights?

Interpretation questions

1. Why is it significant that the author of Hebrews differentiates between a "weight" and a "sin"? What does this imply about the Christian life?
2. The idea of "grace for my race" was presented. What does it mean that God gives a specific grace for the unique race He has assigned to each person?
3. How does comparing our race to someone else's hinder our ability to run with endurance? What is the root issue behind this comparison?
4. In what ways can a good thing, like a relationship or a job, become a "dead weight" that slows us down if we are not careful?

GRACE FOR YOUR RACE

STUDY GUIDE

Application questions

1. What is one "dead weight" in your life—something that may not be a sin but is slowing down your obedience to God? What would it look like to practically "strip it off" this week?
2. Is there a part of your past—a mistake, hurt, or old identity—that you are allowing to dictate your present choices and trip you up? What is one step you can take to "forget what lies behind" and press on?
3. Where are you most tempted to compare your "race" or life circumstances to someone else's? How can you intentionally practice gratitude for the specific lane and grace God has given you?
4. What does it look like for you to "fix your eyes on Jesus" in your current season? Is there a practical habit you can develop to keep your focus on Him rather than your circumstances?
5. The grace of God was described as an active, sustaining power, not just passive forgiveness. How have you experienced God's grace carrying you through a difficult time? How does this truth change the way you face current challenges?
6. The call to surrender is an admission of need and a commitment to depend on Christ's work. Is there an area where you are still trying to run on your own power instead of depending on His grace? What would surrender look like in that area?