



# ***Adult and Teen Life Groups Conferencing Guide***

SERMON DATE: 06/23/2024  
DISCUSSION DATE: 07/7/2024  
TEXT: HEBREWS 12:1-4

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## **FAITH IS THE VICTORY**

### **I. THE RACE**

### **II. THE ENCOURAGEMENT**

### **III. THE ENCUMBRANCES AND ENCOUNTERS**

#### **A. The Weights that Encumber Us**

#### **B. The Weariness that Encounters Us**

### **IV. THE GREATEST EXAMPLE**

## **FOR CONFERENCING**

1. **Read Hebrews 12:1-4.** What analogy does the writer use to encourage us to persevere in faith and to endure the challenges that will invariably come? How must an athlete prepare for such a sport? What unique challenges does that sport present? What spiritual applications should be made from this analogy?
  
2. **Read I Corinthians 9:24-27.** Here Paul uses the same analogy. List all the ways Paul says one should compete and not compete so as to receive the prize or not become disqualified. What spiritual applications should be made from this analogy?
  
3. **Read verse 1.** What did the writer present as an encouragement for the 1<sup>st</sup> century Jews to preserve and endure in the faith? How were they an encouragement? How does that encourage you?
  
4. **Read verses 1 & 2.** What must we lay aside in order to endure in the life of faith? Be specific as to what may encumber us in striving in our Christian life. What is the difference between an encumbrance and sin? What kinds of things could be encumbrances, but perhaps not sin? Be specific as to what things we may encounter that can hinder us in being victorious in our life of faith.
  
5. Laying aside every hindrance and sin to run the race with endurance can be achieved by what means/strategies?
  
6. **Read verses 2-4.** Who does the reader give as the greatest example of faith? How does keeping our focus on Him help us to endure? How does considering the persecution Jesus faced help us not to grow weary?
  
7. How can we fix our eyes on Jesus?
  
8. Personal questions to consider (not necessarily to be discussed in Life Group) - What sin or hindrance is Jesus calling you to lay aside in your life right now? How will Jesus help you do this? Where in your life do you hope the Lord continues to discipline you towards holiness and what part do you play in that hope?