



**JUST KEEP**  
*Running*  
HEBREWS 12:1-2 // JEFF BUCKNAM

### Understanding the Scriptures

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup>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 12:1-2*

1. Underline the phrase or sentence from the passage above that is most important to you. Why does it stand out as significant?
2. What sufferings have the “great cloud of witnesses” experienced? (See Hebrews 11:32-38 for context.)

### Embracing the Race

3. Is a race a good metaphor for the Christian life? If so, should we compare a life of faith to a sprint or a marathon? What’s the difference?
4. Do you ever question God’s judgement concerning your life in comparison to another believers’ life? What makes us want easier lives?

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5. How may God be glorified more by what you're unfairly going through?

### Running without the Robe

6. What hinders your running? Money? Friends? A comfy leather couch? Why do good things become distractions?
7. What does it mean to be entangled in sin? How would you want to be approached if you were entangled?

### Welcoming the Witnesses

8. Why does the author of Hebrews say Jesus is the *pioneer* and *perfecter* of our faith?
9. Based on your current understanding of the text and with direction from the related message, what, if anything, do you think is your next step of faith?