

## **With Him In Obedience**

**With Him: A Lenten Series I Hebrews 12:1-3**

**Rev. Bruce Persons I March 8, 2026**

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**I. Lay Aside What Slows You Down (v. 1b)**

**II. Run With Endurance (v. 1c)**

**III. Fix Your Eyes on Jesus (v. 2a)**

**IV. Remember How Jesus Ran His Race (v. 2b)**

**V. Stay In the Race (v. 3)**

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### ***SMALL GROUP STUDY QUESTIONS***

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1. What stood out to you most from Hebrews 12:1–3?
2. What are some “weights” that slow down believers today?
3. Why is endurance essential in the Christian life?
4. How does focusing on Jesus change how we face hardship?
5. What practical steps help keep our eyes on Christ?

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### ***PERSONAL REFLECTION QUESTIONS***

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1. What weight or sin is God asking me to lay aside?
2. Where do I feel most tempted to give up spiritually?
3. What would it look like for me to fix my eyes on Jesus daily?
4. How does remembering Jesus’ endurance encourage me today?

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### ***FAMILY DISCIPLESHIP GUIDE***

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Read **Hebrews 12:1–3** together.

Ask:

- What does it mean to run the race God gives us?
- What kinds of “weights” slow us down?

Have kids run across the room twice:

1. Normally
2. While carrying a heavy backpack

Ask:

- Which was harder?
- What does this teach us about sin and distractions?

Explain: Jesus helps us let go of things that slow us down.

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