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Day 1



## What We Learned Today:

Today we learned about the cloud of witnesses that the writer of Hebrews teaches us are cheering us on as we run the race of following Jesus. Even though they are no longer with us, we can look to their stories in the Bible as examples to follow.

## The Text We Studied:

*Hebrews 12:1-2*

## Questions for Further Discussion:

1. Have you trusted in and started following Jesus?
2. How are you following the example of the "cloud of witnesses" as you run the race of following Jesus?

## Memory Verse:

"Therefore, since we also have such a large cloud of witnesses surrounding us..."

*Hebrews 12:1*

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Day 2



## What We Learned Today:

Believers should think of themselves as and behave as athletes competing in a sporting event. One thing that any serious athlete do is train and prepare. Today we learn how preparing for a spiritual sport is different than prepping for a physical sport.

## The Text We Studied:

*Hebrews 12:1-2*

## Questions/Ideas for Further Discussion:

1. If you have never trusted Jesus, sin holds you back from ever finishing the race and being with God forever.
2. Like an athlete training for an event, what are some things you need to start doing and what are some things you need to stop doing as you run the race with Jesus?

## Memory Verse:

"...let us lay aside every hindrance and the sin that so easily ensnares us."

*Hebrews 12:1*

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Day 3



## What We Learned Today:

Different athletes train in different ways to prepare for their sport. Sprinters must train to run fast, marathon runners must prepare to run for long distance. Today we learned about how Jesus is the kind of spiritual athlete that the Bible calls us to be, and how we must keep our eyes on him.

## The Text We Studied:

*Hebrews 12:1-2*

## Questions/Ideas for Further Discussion:

1. Without the gift of faith, we won't be able to endure the race. Have you trusted Jesus to help you run?
2. If you have trusted Jesus to help you run, then you can be confident that Jesus will help you finish the race. What are some ways you need Jesus to help you finish the race?

## Memory Verse:

"Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith."

*Hebrews 12:1-2a*

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Day 4



## What We Learned Today:

Winning a race always feels good. But winning a race requires great sacrifice as the athlete trains and puts in the time to reach victory. Today we learned about Jesus and how he has made the greatest sacrifice in order to win the race for us. Jesus has won the victory so that we can be saved from our sins.

## The Text We Studied:

*Hebrews 12:1-2*

## Questions/Ideas for Further Discussion:

1. Jesus has won the race, so he is the only one who can save us from our sins and help us to follow him.
2. Who is one person that you can share the good news about Jesus winning the race?

## Memory Verse:

“For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.”

*Hebrews 12:2*