

## Get in the Race

## Hebrews 12:1-3

*Going Beyond* the Cadet Sunday sermon into the Scripture preached by Pastor Peter Oh on January 29, 2017

### ***Entering In:***

*Try to think of a metaphor for your life and share how it represents your life.  
(e.g. sun, stars, wind, etc.)*

*Share how and when you began your spiritual journey.*

1. Who are the witnesses mentioned in verse 1? (cf. Hebrews 11)

Tell how one of these witnesses encourages you to persevere in your faith.

2. “Everything” includes both good and bad, and the word “to hinder” means “to weigh down (on)”.  
Give some examples of things that can weigh on us, which are not necessarily sins.  
(e.g. sports, hobbies, entertainment, etc.)

How do you throw off such things to make you free for the race?

3. In what ways can we allow sin to entangle us?

What do we need to do when sin entangles us?

4. What is the race marked out for us?

The present tense of “run” in Greek implies we need to “keep on running.” (an ongoing action)  
Why is *endurance* in the Christian life important?

Share an experience when you needed to intentionally persevere in your Christian journey.

5. What does it mean to fix our eyes on Jesus?

Why do we need to fix our eyes on Jesus rather than something/someone else?

How is Jesus the author and perfecter of our faith, respectively?

6. What was the joy set before Jesus that enabled him to endure the cross?

What joy do you anticipate at the end of the race? You may also share what you like to do most in heaven.

What did Jesus do after he died on the cross? What does this tell you about him?

7. When Jesus died on the cross, do you think Jesus *literally* went to hell?

What do you believe when “Jesus descended into hell”? (The Apostle’s Creed)

[For example, the Roman Catholic Church says that Jesus after his death went to the abode of the Old Testament believers to deliver them and to bring them into heaven, and Lutherans understand that Jesus after his death he went to hell to proclaim victory over Satan and the powers of darkness.]

What makes hell *hell*?

#### The Heidelberg Catechism

**44 Q. Why does the creed add, “He descended to hell”?**

**A.** To assure me during attacks of deepest dread and temptation that Christ my Lord, by suffering unspeakable anguish, pain, and terror of soul, on the cross but also earlier, has delivered me from hellish anguish and torment.<sup>1</sup>

<sup>1</sup> Isa. 53; Matt. 26:36-46; 27:45-46; Luke 22:44; Heb. 5:7-10

8. What is the benefit of considering (thinking upon) Jesus? (verse 3)

Give a *practical* example of how you *consider Jesus* in your daily life?

#### ***Living It Out:***

*Pray for a child (or maybe several children) who is wandering around in his/her journey.*

*Ask God to give you an opportunity to share with that person how your journey with Jesus began and how this person can join you in that journey.*

