

# Hebrews



**Focus:** This week we are going to learn about running the race marked out for us. Use **Psalm 51** to help prepare you for this race. Let the verses guide your prayer as you begin your study each day. Today start with **Psalm 51:1-6**.

We've seen Jesus as our **sufficient** and **supreme High Priest**. We've heard how He has **provided a way** for us into the presence of God at all times. We've peered in on the lives of those who have 'run this race' before us, and we have been challenged to **follow their example**. But, how? How do we run this race so that we will win? **Hebrews 12** gives us some great tools. It's time for us to put in to practice what we have heard. According to Jesus in **Matthew 7:24-27** why is this so important? \_\_\_\_\_

Listen to Paul's words from **Philippians 3:13-14**, "I am still not all I should be, but I am *focusing* all my energies on this one thing; Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven."

We can all relate to Paul's words that say, "I am not all I should be.-But, do we adopt his attitude to press on in the race we've been called to? We are going to slowly walk through Hebrews 12, being careful to apply each instruction to our heart. Before we begin, slowly read **Hebrews 12:1-13** and ask God to speak to your heart about your personal race of faith.

**FEED:** Read **Hebrews 12:1** carefully. If you think about this race that is marked out before us, you will soon realize that you have not only been called to a unique race, but you have been asked to run on a completely *different track* than the rest of the world. As we step on to this track, God gives us some very important instructions. There are four important aspects to this instruction just from verse one. Meditate on each one before you answer:

1. **"Since we are surrounded by such a great cloud of witnesses"**
  - a. Who are some of those witnesses from the Bible? Do you have a favorite? \_\_\_\_\_
  - b. Do you personally know someone who has gone on to heaven and you feel ran this race and now is part of that 'cloud'? Who is it, and why do you feel they deserve to be in this list? \_\_\_\_\_
  - c. How do these forerunners encourage you? \_\_\_\_\_
  
2. **"let us throw off everything that hinders"**
  - a. This phrase is not talking about sin. It is referring to 'weights' in our lives that slow us down in our walk of faith. These hindrances could be anything from minor distractions to heavy responsibilities that we have allowed to drag us down. Can you think of some examples of hindrances for you, or for most American Christians? (be as thorough as you can with this question) \_\_\_\_\_
  - b. Do you think it is easy to throw these hindrances off? \_\_\_\_\_
  - c. How does 'throwing off' these hindrances relate to a life of surrender? (meaning submission to the life of Christ in you) \_\_\_\_\_
  - d. How does living for Christ alter our priorities? (summarize below)
    - **Matthew 5:3-10** \_\_\_\_\_
    - **Matthew 5:43-44** \_\_\_\_\_
    - **Matthew 6:6** \_\_\_\_\_
    - **Matthew 6:33-34** \_\_\_\_\_
    - **Matthew 10:37-39** \_\_\_\_\_
    - **Matthew 16:24** \_\_\_\_\_
    - **Matthew 20:26-28** \_\_\_\_\_





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- e. What differences are you seeing between the two tracks? (the world vs. faith) \_\_\_\_\_  
\_\_\_\_\_
3. “(throw off) the sin that so easily entangles us”
- a. Can you imagine trying to run a marathon with your hands and feet entangled with twine? What would happen?  
\_\_\_\_\_
- b. In what ways does sin do the same thing to us spiritually? \_\_\_\_\_  
\_\_\_\_\_
- c. **Colossians 3** gives us a list of sins to rid ourselves of and put to death. As you study the list, think about how easy it is to get entangled in these. Read 3:5-9. Next to the list below, give an example of this type of sin:  
sexual immorality \_\_\_\_\_  
impurity \_\_\_\_\_  
lust \_\_\_\_\_  
evil desires \_\_\_\_\_  
greed \_\_\_\_\_  
anger \_\_\_\_\_  
rage \_\_\_\_\_  
malice \_\_\_\_\_  
slander \_\_\_\_\_  
filthy language \_\_\_\_\_  
lying \_\_\_\_\_
- d. Circle the sins that seem to trip you up the most often. What do you need to do to rid yourself of these sins and put them to death? \_\_\_\_\_  
\_\_\_\_\_
- e. We are told to put on our “new self”. How is this “new self” nourished and renewed according to **Colossians 3:10**?  
\_\_\_\_\_
- f. How can we possibly live this new life according to **Colossians 2:6**? How did we receive Christ according to **Ephesians 2:8-9**? \_\_\_\_\_  
\_\_\_\_\_
4. “let us run with perseverance the race marked out for us”
- a. Who’s power are we to depend on for this race? \_\_\_\_\_  
• What did Paul say in **Colossians 1:29**? \_\_\_\_\_  
• How about **Philippians 4:13**? \_\_\_\_\_  
• What does **Galatians 6:9** say? \_\_\_\_\_  
• And **Matthew 11:28-29**? \_\_\_\_\_

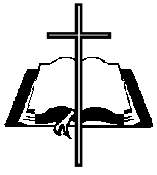
With this Hebrews study in mind, read **Galatians 2:17-21**. Write out **Galatians 2:20** in the space provided: \_\_\_\_\_  
\_\_\_\_\_

What do you think this verse is saying, and how does it relate to the race we are in? \_\_\_\_\_  
\_\_\_\_\_

**FILL:** In an attitude of prayer, talk through these four points with the Lord. Perhaps you are just joining the race and it is all new to you. What do you need to do to get started in the right way? Or maybe you have been in the race awhile, but you are struggling along. Will you decide today to apply this passage to your life? What steps do you need to take to keep persevering? Pray through **Hebrews 12:1**.

**FOLLOW:** In your journal, write down what you feel the Lord wants you to do with what you’ve studied these last two days. Begin memorizing **Hebrews 12:10**





# Hebrews

Embracing the Supremacy  
and Sufficiency of Christ

LESSON 12, DAY 3



**Focus:** Continue today with **Psalm 51:7-9**

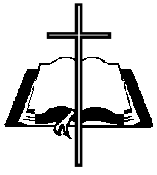
**FEED:** Read **Hebrews 12:1-3**. Write out **Hebrews 12:2** below: \_\_\_\_\_

1. As we run this race, we are to have one vision before us; what is it? \_\_\_\_\_
2. Who is He according to **Hebrews 12:2**? \_\_\_\_\_
3. Why did He suffer so? \_\_\_\_\_
4. The “joy before Him” was us! It was our redemption secured by Him! It was His obedience to the will of His Father. It was the prize worth fighting for. What do you think about this? \_\_\_\_\_
5. We are to **FIX OUR EYES** on Jesus. What do you think that means? \_\_\_\_\_
  - WHO is He according to God’s word?
    - **Colossians 1:15-20** \_\_\_\_\_
    - **Colossians 3:4** \_\_\_\_\_
    - **John 1:29** \_\_\_\_\_
    - **1 Corinthians 5:7** \_\_\_\_\_
    - **Isaiah 53:7** \_\_\_\_\_
    - **1 Peter 2:21-25** \_\_\_\_\_
6. Does this *knowledge* of Jesus nourish your *love* for Him? \_\_\_\_\_
  - a. Do you see how *fixing your eyes* on this vision will spur you on to *obedience*? \_\_\_\_\_
  - b. Where would we be without Jesus? (see **Ephesians 2:1**) \_\_\_\_\_
  - c. How does **Ephesians 2:1-3** describe the world’s race track? \_\_\_\_\_
  - d. What has happened to us according to **Ephesians 2:4-7**? \_\_\_\_\_
  - e. Why do you think Jesus states, “if you love Me, you will obey Me?” (**John 14:15**) \_\_\_\_\_
  - f. Is He difficult to love? \_\_\_\_\_
  - g. If we struggle with obedience, what do we need to do? \_\_\_\_\_
7. In order for Jesus to endure the cross (finish the race marked out for Him), He had to focus on the prize. What do you learn about your personal race from Him? \_\_\_\_\_
8. Read **Hebrews 12:3** again. Why did Jesus endure all this suffering? How much does He care for you? \_\_\_\_\_

**FILL:** Do you see that as you get to *know* Jesus your *love* for Him grows? And do you realize that it is your love for Him that gives you the strength you need to *obey* Him? And are you understanding that this obedience brings true *joy*? Where are you focused today? On who are what are your eyes fixed? Will you look at Jesus and willfully choose to keep that focus? It is not natural, and it is not easy, but it is worth it. Honestly evaluate where you are in this race marked out for you.

**FOLLOW:** Keep memorizing **Hebrews 12:10**





# Hebrews



**Focus:** Today read Psalm 51:10-12

**FEED:** In order for us to stay “on track” we need some help. This life of faith does not come naturally to us, and often times we need God’s hand of discipline to keep us going in the right direction. Part of the process is our conformity to that of Jesus Christ. We are being transformed into His image (see **Romans 8:29**). Struggling against sin and ridding ourselves of it is part of the discipline process.

Read **Hebrews 12:4-6**. Keep in mind that these believers were experiencing persecution and they have in mind those who have died for their faith (Hebrews 11)

1. In **verse 4**, the writer is stating that they are still living, though they are experiencing intense suffering. Sometimes our struggle against sin is not our own sin, but the consequences we endure as a result of other’s sins. Even Jesus suffered as a Son (verse 2) What are we reminded of in **verses 5-6**? \_\_\_\_\_

- a. Whom does the Lord discipline? \_\_\_\_\_
- b. How does the cross bring meaning to suffering? \_\_\_\_\_
- c. Where would we be without the discipline of the Lord? \_\_\_\_\_
- d. Paul says that we share in the sufferings of Christ. Sin is still in this world, therefore we will suffer because of it. What purpose does our suffering serve? \_\_\_\_\_

2. Read **Hebrews 12:7-13**. What does **verse 7** say? \_\_\_\_\_

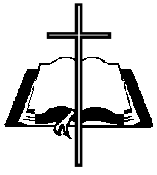
- a. When we are enduring hardship; how should we view it? What does this teach you about the sovereignty of God? \_\_\_\_\_
- b. How does God want us to respond to His discipline according to verse 9? \_\_\_\_\_
- c. Why does God discipline us? (v. 10; see also **Hebrews 5:8**) \_\_\_\_\_
- d. Is the suffering (or discipline) pleasant? \_\_\_\_\_
- e. What is it producing? \_\_\_\_\_
- f. How does this fit in with James’ admonishment to us in **James 1:2**? \_\_\_\_\_
- g. Can you think of anyone in our ‘cloud of witnesses’ who did not grow in their faith, or deepen their walk with God apart from suffering? What does this tell you? \_\_\_\_\_
- h. In your own life, what has taught you the biggest lessons about faith? How have these experiences developed your perseverance for the race? \_\_\_\_\_

4. Read **Hebrews 12:12-13**. How will “fixing your eyes on Jesus” help you to apply this principle? \_\_\_\_\_

**FILL:** No one wants to suffer, but we all know it is a part of life. Choosing to fix our eyes on Jesus in the midst of suffering changes everything. Focusing on Christ assures us that things are not out of control. God sees, He cares, and He will use everything for His good purpose. Are you suffering today? *Are you rebelling in it, or submitting to the Father* (v. 9)? Let God’s word penetrate your heart (**Hebrews 4:12**) as you pray through **Hebrews 12:1-13** with your Father. What do you need to say to Him?

**FOLLOW:** Review your memory work from **Hebrews 12:1-10**





# Hebrews

Embracing the Supremacy  
and Sufficiency of Christ

LESSON 12, DAY 5



Focus: Finish up the week with **Psalm 51:13-17**  
Read **Hebrews 12:1-13** aloud. Skim over your lesson for this week.

1. Write a summary statement (no more than 1-3 sentences) of what you feel are the main points of this passage.

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2. Can you pick a verse or two that seems to stand out to you? \_\_\_\_\_

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3. Why did you pick this verse/these verses? \_\_\_\_\_

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4. What is one truth you want to always remember from your study this week? \_\_\_\_\_

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5. What lesson do you believe God would want you to apply from what you've heard from His word?

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6. Any other thoughts/comments? \_\_\_\_\_

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Conclude this day in prayer discussing what you've written above with the Lord.

Write out your memory verse below:

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