



COMMUNITY GROUP NOTES + QUESTIONS

RUNNING THE RACE | JANUARY 3, 2020 | HEBREWS 12:1-2
GUEST: KYLE JUDKINS

02

INTRODUCTION

Icebreaker: We learned that Kyle isn't good at ice skating, what is something that you have done a few times and have discovered you just aren't good at it?

2020 was like a mud-run (to put it nicely) that you just completed - what were some of the obstacles that you were able to overcome? If you had to run the race again what are some things you might have done differently? Looking back at the 2020 mud-run, what is something that this year of obstacles taught you?

What misconceptions did or do you have about the "Christian-life" - Did you automatically think you would be good at it, that it would be easy, or that becoming a Christian would end all your suffering?

How does the testimonies of Christians (in the bible, history, or personal) that have gone before encourage or help you to endure the race?

4 STRATEGIES FOR RUNNING A GOOD RACE

1

Run Together

Why do we struggle with asking for help when the race gets hard?

How do you fight against struggling alone?

What are some ways that we can just show up for people that are struggling?

When you have found yourself struggling, have you found the church (global, local, or Gracelife) open to bearing one another's burdens or not? Explain.

When facing obstacles, even those of your own making - how do you remind yourself that Christ is with you? Is this reminder a comfort, encouragement, frustration (because, for whatever, reason he hasn't removed it), etc?

03

KYLE JUDKINS

"He remained under (endured) that hostility and that suffering and that pain for you and me"

4 STRATEGIES FOR RUNNING A GOOD RACE

2

Cast Off Unnecessary Weight

Are some of you willing to share some of the weights that you may be carrying that hold you back from running the race with your full potential? Sin, lies, purposeless habits, etc.?

Casting off weight is not an easy process and can take time; can someone share about a time when you have been through the battle and come out on the other side or maybe you are in the midst of the battle?

3

Endure the Pain

Endurance - "Remain Under" (the opposite of giving up). Author of Hebrews encouraged the audience to remain under persecution, trials, & struggles as they were for a purpose

When have you recently felt like giving up? If you were able to or are currently striving to endure, how did you see or are you seeing God use that to mold you or draw you closer to him?

Sometimes we may not know or understand the purpose of our endurance - what keeps us continuing the race? What helps us to trust that there is a purpose for our struggles?

Supplemental Verse: James 1:2-4

4

Keep your eyes focused (Hebrews 12:2)

What are some resources that you have used (scriptures, books, sermons, etc) that have helped you to remain focused on Christ during your struggle?

How does knowing that Christ struggled as you do change your perspective when considering your situations? In what ways have you or can you follow his example in the midst of enduring hardships?

Supplemental Verse: Hebrews 12:3