

lifegroups

DISCIPLESHIP TRAINING

Session #3— September 20, 2026

Title: Life: A Race of Endurance

Theme: Perseverance

Scripture: Hebrews 12:1 (NIV)

Objective: During this session, the learner will analyze the things that might be hindering us from engaging with God and His purpose for our lives.

Outreach from Previous Week:

What does “do everything in love” mean to you?

Training Text: Hebrews 12:1-3 (NIV)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Scripture Discussion | Hebrews 12:1

- Who is the “great cloud of witnesses” in this verse? Are they among us or watching us from above?
 - What things are Christians asked to lay aside in their faith walk and how are they encouraged to approach life?
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Scripture Discussion | Hebrews 12:2

- According to this verse, why is “fixing our eyes on Jesus” so important?
- For “enduring the cross and scorning its shame,” what does Jesus enjoy afterwards?

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Scripture Discussion | Hebrews 12:3

- What did Jesus endure from sinners?
- Jesus experienced resentment, violence and death on the cross, so how should Christians respond to challenges in life?

Discussion Questions:

- What are some distractions or sins that entangle us today and how do they slow us down?

- What is the difference between an encumbrance and a sin? What kinds of things could be encumbrances, but perhaps not sin?

- Who are (or were) some of the spiritual influences in your life that have encouraged you to persevere in faith?

Next Week's Scripture: Romans 5:1-6 (NIV)

Outreach:

Ask two people the following question: What are some distractions or sins that entangle us today and how do they slow us down?

Report your results in the group next week.