

RUNNING WITH JESUS

HEBREWS 12:1-2

CHURCH GROUP SERMON DISCUSSION GUIDE – MAY 18, 2025

SCRIPTURE READING

Hebrews 12:1-2

“Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith...”

BIG IDEA

Following Jesus is like running a long race. It takes practice, help from others, and keeping our eyes on Him every day. We can remember how to run well by keeping P.A.C.E.

- Pursue Jesus every day
- Abandon (let go of) sin and distractions
- Connect with others who love Jesus
- Engage in God’s mission to help others

ICE BREAKER QUESTION (GET THEM LAUGHING!)

If you could only run a race with one food in your pockets—what would it be and why?
(Think silly: “pizza pockets,” “jellybeans,” or “gummy bears with a purpose!”)

DISCUSSION QUESTIONS (LET’S TALK ABOUT IT)

Observation: What do we see?

1. What does the Bible say we should “run” with? (Answer: endurance)
2. Who does the verse say we should look at when we run our race? (Answer: Jesus)

Interpretation: What does it mean?

1. Why do you think the Bible says to lay aside “weights” and “sin”? What do those things do to us in the race of life?
2. What do you think it means that Jesus “endured the cross”? Why is that important?

Application: What should I do?

1. What is one way you can spend time with Jesus every day?
2. Is there anything distracting you from following Jesus (like a bad attitude, fighting with a friend, or being on screens too much)?
3. Who is one person you can encourage this week to help them keep running with Jesus?

MEMORY VERSE CHALLENGE

Hebrews 12:2

“...looking to Jesus, the founder and perfecter of our faith...”

Encourage kids to write it on a card or draw a picture of what it means to “look to Jesus” while running their race.

PRAYER PROMPT

“Jesus, thank You for running the race before us. Help our family follow You every day. Make us more like You.”

FAMILY GAME: THE PACE RACE

Set up four stations (Pursue, Abandon, Connect, Engage) and let your child complete a task at each:

- Pursue – Read a Bible verse aloud.
- Abandon – Drop a backpack labeled “Worry” or “Distraction.”
- Connect – High-five or fist bump everyone in the room.
- Engage – Pick a mission card with ideas like “Pray for a friend” or “Do a chore with joy.”

Have fun while learning how to run with Jesus!