

STEPS FOR CONTINUED GROWTH

Our relationship with Jesus is to continue for the rest of our life. God wants us to grow closer and closer to him each day. Jesus Christ, himself, is to be the center of every part of our life. The example Jesus has set for us to follow is the main focus of this lesson. We will learn some important steps for continuing our spiritual growth.

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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. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.
HEBREWS 12:1-3

REMOVE HINDRANCES TO GROWTH

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 . . .

According to the verse, what are we to do with the things that hinder and the sin that entangles?

What does it mean to “throw off” something?

What are some things that can hinder growth in our relationship with Jesus?

What are some sins that can entangle us?

List three specific things you want to eliminate from your life, so your spiritual growth will not be hindered:

- 1.
- 2.
- 3.

RUN THE RACE

... and let us run with perseverance the race marked out for us.

The word persevere means: to keep going, press on toward a goal. Why is it important to persevere in our Christian life?

Where is the race course marked out for us found?

Why is it important to have a course to follow?

Our relationship with God is compared to a race. This race, however, is not a sprint, but a marathon. Therefore, we must run at a steady pace. Otherwise, we may tire-out and quit, never experiencing the joy of finishing.

List three things we can do to continue running at a steady pace.

- 1.
- 2.
- 3.

KEEP OUR EYES ON JESUS

Let us fix our eyes on Jesus, the author and perfecter of our faith . . .

What do you think it means to “fix our eyes on Jesus?”

Jesus is the author of our faith. What does that mean?

Jesus is the perfecter of our faith. What does that mean?

Why is it important to keep our eyes on Jesus?

REMEMBER OUR FUTURE

... who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

According to the verse, what helped Jesus endure the cross?

What was the final reward Jesus received as God's Son?

What final reward will we receive as God's child?

How does having something wonderful to look forward to help us continue to grow with Jesus?

BE ENCOURAGED BY THE EXAMPLE OF JESUS

Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

How would a person "consider" Jesus?

What reason does the verse give for considering Jesus?

How can considering him help us “not grow weary and lose heart?”

God does not want us to become discouraged (lose heart). What are some things that could discourage us?

What are some things we can do to overcome discouragement?