

# Get Rid Of Your Baggage

## Discussion Guide

**TEXT:** Hebrews 12:1-3

**OPEN:**

1. What discipline did you sometimes resent as a child that you appreciate now: Practicing piano? Having a place for everything and everything in its place? Submitting work on time? Not over-spending your allowance?
2. Do you perform better before a crowd or in private? Why is that?

**DIG:**

1. How should Christians "run the race"? What does it mean to throw off sin and hindrances? To "run with perseverance"? To "fix our eyes on Jesus"?
2. Why do you never see anyone running a race with baggage? What hindrances that you can throw off make it difficult to live life because they just make you weary and wear you down?
3. What does hardship demonstrate about a person's relationship to God? How should a person respond to God when disciplined? How does Christ's discipline differ from human discipline? What benefits does discipline bring?

**REFLECT:**

1. What comfort do you get from knowing that a cloud of witnesses is watching you run the Christian race?
2. What are two obstacles that hinder and entangle you in your race? Why?
3. What have you discovered that helps you keep your eyes fixed on Jesus?
5. What's the hardest thing you're going through right now? How is God using this in your life?

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