



“Don’t Waste Your Run”

Hebrews 12:1-2

Sunday 11/8/2009

→ **Introduction...** This week we looked at running the race of life. Hebrews 12:1-2 tell us how to run so that when we finish, we know that we will have run well.

→ **Open it...**

1. If you could be a super sports star what would you want to be?
2. Back to reality - what is your favorite sport to play, whether you are good at it or not? What makes it fun?
3. What is your favorite sport to watch, get excited about and cheer your team or individual?

→ **Explore it... Read Hebrews 12:1-2**

1. When you read verse one, what comes to mind regarding the cloud of witnesses?
2. The Greek word for witness is *martus* (mar'-toos,) a word that means a judicial witness – one who gives his or her testimony at a trial. It is used in reference to the saints of faith in chapter 11. How does this change your first impression of the meaning of verse one?
3. Read Heb 11:39-40 and Heb 12:4. How do these verses apply to the witnesses and inspire you to run the Christian race?
4. Look at the list of witnesses in Hebrews 11. Pick out two or three of the most notorious ones. Explain their shortcomings and their victories. How does their testimony inspire your run?

