

Eyes fixed, lives changed

Keep running

Hebrews 12:1–2

The race of our lives

How to run?

1. Lay aside sin (12:1)

2. Look to Jesus (12:2)

Questions for discussion and reflection:

- How does this change our perspective on what our present life is about?
- What sin in your life do you need to lay aside?
- What will it mean to consciously look to Jesus? Why is it about this that makes this so vital?