

**SERIES:** *Stand Alone*  
**TITLE:** *Keep Running*  
**SPEAKER:** *Pastor Bryon Mengle*  
**DATES:** *October 2-3, 2021*



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### MESSAGE TAKEAWAYS:

- We aren't running aimlessly, so run with perseverance the race marked out for us.
- When your endurance gets tested, fix your focus on Jesus.

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### DISCUSSION QUESTIONS:

- When it comes to physical running, what has been your level of enthusiasm and engagement over your lifetime? What is the longest distance you've run and why?
- Look over Hebrews 11 quickly. These are the "great cloud of witnesses" mentioned in 12:1. Who are your "faithful fans in the stands" (both on this side of eternity and beyond), that are cheering you on to keep going and encouraging you to get back up again?
- Read the first half of Hebrews 12:1. What are the differences between hindrances and easy entanglements? What do you need to throw off? What is entangling you?
- What helps you "run another lap" and what drags you down or interrupts your "faith race" or progress?
- Read the rest of Hebrews 12:1 now. How does knowing that your personal race has been marked out for you by Jesus encourage you to keep going?
- What do you do to keep your eyes focused on Jesus, as 12:2a says?
- Read Romans 5:3-5. Which of these attributes do you feel like are currently being produced in your life?
- When you read Hebrews 12:2b-3, what do you think the joy was that was set before Jesus that enabled Him to endure such suffering? How does His suffering and His joy encourage you to not grow weary or lose heart?

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### NEXT STEPS:

- Be honest with yourself ... what do you need to toss to the side to run distraction free?
- Contact someone (Call/Text/Email) that is in your "cloud of witnesses" and thank them for being in your corner.