

RUNNING THE RACE



“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.” ~ Hebrews 12:1-2

PURPOSE

To reflect on the 2025/2026 Kingdom Seeker theme verse.

LEARNING

1. The 2025/2026 Kingdom Seeker theme verse is Hebrews 12:1-2. Take a moment to read and reflect on these verses (shown above). What does it mean to run with endurance as outlined in this verse? Who do we have to help us stay faithful? Refer to John 14:26 and Ezekiel 36:27 in your answer.

2. Who are the “cloud of witnesses” being referred to? Take a moment to read through Hebrews 11 when formulating your answer. What are these witnesses testifying about?

3. It is good to observe these witnesses of the faith, but it is imperative that we ultimately fix our eyes upon _____.

4. What could “the joy that was set before Him” be referring to? In other words, what sustained Him through the pain and agony of the cross? Consider a few different joys in your answer.

5. How does thinking about who Jesus is and what He has done in Hebrews 12:2-3 help us keep going when life is hard? Refer to Philippians 1:6 in your answer.

6. What is the 'finish line'?

7. What is the ultimate purpose of our race according to the following verses?

1 Corinthians 9:24-27 _____

Philippians 3 _____

8. Let's look up a few other passages from Scripture with similar themes. Write what each verse(s) teaches you about running the race of faith.

1 Corinthians 9:24-27 _____

Philippians 3:13-14 _____

2 Timothy 4:7 _____

Isaiah 40:31 _____

9. What does Hebrews 12:11 teach us about how God's discipline helps us run the race of faith?

10. In Hebrews 12: 12-16, what does God tell us to do to help us keep going in our race of faith?

- a) In verse 12: lift _____ and strengthen _____.
- b) In verse 13: make _____.
- c) In verse 14: strive for _____ and _____.
- d) In verse 15: see that no one fails to _____ and watch out for _____.
- e) In verse 16: see that no one is immoral or _____.

11. According to Hebrews 12:15, we are warned not to let a "root of bitterness" grow in our hearts which can spring up and cause trouble. We cannot let sin, unbelief, or rebellion against God grow secretly in our hearts which can hurt ourselves and others. Write out Deuteronomy 29:18b to further understand this.

APPLICATION

- 1. Memorize Hebrews 12: 1-2.
- 2. What is weighing you down as you try to draw near to God? To put it another way, what is the sin that you repeatedly fall into that keeps tripping you up in your spiritual journey? Examples include but are not limited to comparison, fear of failure, pride, anger etc. In your time of prayer this evening, repent of these sins and ask God to help you let go of these struggles and obey Him.

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3. Who do you know personally that is a good example of running the race faithfully? What is it about their example that encourages you? Take some time to thank this individual for their godly example in your life and ask them to pray for you and your 'race' either in person or by writing them a card.

Date card sent or conversation took place: _____.

4. We can also be a cheerleader, encouraging someone else in their spiritual race. We are not competing against each other in this race, we are encouraging each other as we compete against the devil, the world, and our own sinful flesh. Write an encouraging note to a friend this week. Include a few Scripture verses you learned from this badge.

Who did you write to? _____ Date: _____.

5. What is one thing you could "train" in spiritually this week? Put this training into practice for the week. Examples include but are not limited to spending time with God every day in prayer, memorizing a larger passage from Scripture, serving others etc. Outline what you did and reflect on the benefits of this in your life.

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6. Get creative! Design a shield (8.5 x 11 size) that can help you keep your eyes on Jesus. Include favourite Bible truths that can encourage you when you are tempted to give up, encouraging words from parents, teachers, counselors etc., drawings that remind you of Christ's faithfulness, faithful habits like prayer, attending worship, Scripture reading etc. Include the words, "Looking unto Jesus" across the top or bottom of the shield. Attach your completed and colourful shield to your completed badge.

COUNSELOR SIGNATURE _____

DATE _____