



## ANCHORED SERIES

Part 13 – Dec 10

Hebrews 12:1-3

Leaders Guide  
(Approximately 60 min)



**Connect** Spend time allowing group members to connect with one another relationally. (5 min)

---

---

---



**Celebrate** Ask how they've seen God working in their lives since you met last. (or relating to the previous meeting's discussion) (5 min)

---

---

---



**Coach** Facilitate discussion using the guide below (30 min)

Focus: Keeping On – Avoiding Spiritual Fatigue

Big Idea: The Christian life is not a spectator experience

“Therefore, we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”  
Hebrews 12:1

Read through Hebrews 12:1-3 and share a couple of things that stand out to you.

---

---

---



How would you describe Spiritual Fatigue?

---

---

---

Overview:

In the message Sunday we looked at how to avoid spiritual fatigue.

### **Four Exhortations**

- 1) Remember those who have finished well. See also Ch. 11  
Vs. 1 Therefore we also, since we are surrounded by so great a cloud of witnesses.....
- 2) Deal with the hindrances to spiritual growth.  
Vs. 1... let us lay aside every weight...

Calibrate your conscience not to the world but to the Word.

Man determines what is legal.

God determines what is moral.

- 3) Go to battle with besetting sins.  
Vs. 1 ....and the sin which so easily ensnares us,

What does Satan know about you\_ that \_you wish he didn't.

- 4) Run till you are done.  
Vs 1...and let us run with endurance the race that is set before us....

### **One Absolute**

Fix your mind and affections on Christ alone.

Vs 2.. 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. <sup>3</sup> Consider him....

### **Two Warnings**

Vs. 3...who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

- 1) Don't place your hope in others.
- 2) Don't get distracted by your surroundings and circumstances.



Discussion Questions:

Question 1: What are some reasons why people lose their focus Spiritually?

---

---

---

Question 2: Why do you think it is good to remember those who finished well?

---

---

---

Question 3: What are some benefits of fixing your mind on Christ alone?

---

---

---

Question 4: What is one way that you can live differently and finish the race?

---

---

---



Quotes and passages from the teaching:



**EXPERIENCE:** A time to apply

Here is a spiritual assignment: In your quiet time this week review the 4 exhortations

- 1) Remember those who have finished well. See also Ch. 11  
Vs. 1 Therefore we also, since we are surrounded by so great a cloud of witnesses.....
- 2) Deal with the hindrances to spiritual growth.  
Vs. 1... let us lay aside every weight...
- 3) Go to battle with besetting sins.  
Vs. 1 ....and the sin which so easily ensnares us,
- 4) Run till you are done.  
Vs 1...and let us run with endurance the race that is set before us....



**Communicate** Share important information items with your group. (5 min)

---

---

---



**Care** Spend time praying as a group. You may want to take specific prayer requests from your team members. (10 min)

---

---

---