

LIFE GROUP STUDY GUIDE:

(60-minute session—01-09-22)

Today's message is a standalone sermon designed to help ready us for the new year. With the start of a New Year we often make resolutions to become better people, but today we hope to see that the best way to get our life into focus is for us to learn how to fix our eyes on Jesus – each day!

SCRIPTURE: Read Hebrews 12:1-3

Three things we can do to help us run the race well by fixing our eyes on Jesus

1. We need to develop _____ - we need to _____

What does perseverance mean to you?

What's something you've trained for in your life? How did training help you to persevere?

Who is someone from the Bible you can think of who persevered?

Read 2 Peter 1:5-11 – What does this passage have to say about training and perseverance in the Christian life?

What is one thing you can focus on this year to help you train in your Christian walk? Make it a clear goal that's easy, simple and short to get started and build off the momentum.

2. We need to _____ off everything that _____ us

Why do you think it can be hard for us to throw off the things that distract us or take our focus off of Jesus in life?

Do you believe God will give you more than you give up to follow Him? Why or why not?

How do we tell if something in our life needs to be scaled back, given up for a time, or thrown out completely?

Take a minute or two and ask Jesus in prayer what you might need to set aside to focus on Him. Write down what you come up with. Share it with someone who can keep you accountable and help you talk through whether it's something you just need to scale back, give up for a time, or throw out completely.

3. We need to put to _____ the sin that _____ us

What do you think the difference is between sins that entangle us and other things that hinder us?

Have you ever become tired of fighting sin in your life? How can we find new strength? What do you think we should do when we feel like giving up the fight?

Two things we need to fight against the sin that entangles us:

1. We need to _____ on God's _____, not _____ own

2. We need to _____ up our _____

What do you think about the James Clear quote? (Hint write it down above this when it's on the screen) Agree or disagree? Can you think of any biblical examples where someone got in trouble with sin when they were in the wrong place?