

TITLE AND NUMBER: 250 Keep our eyes on Jesus



REFERENCE AND KEY VERSES: Hebrews 12:1-3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy that was set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

LOOKING FURTHER: Romans 8:26-7

What does the Bible passage tell us?

Have you ever been part of a really big event? I was fortunate to get a charity place to run in the Great North Run. There were 50,000 of us and it was inspiring to talk to some of the others as we waited to start. We were all running to raise money for causes close to our hearts, all united in our determination to get to the end.

This passage from Hebrews comes just after last week's study, where a long list of people in the Old Testament showed amazing faith. Over the last 2,000 years, there have been countless others who have lived remarkable Christian lives. Sometimes, we know them personally, but it is also interesting to read about others. We can be inspired by them. They had their struggles with temptations and sin and we are similarly encouraged to deal with anything which is hindering us.

Perseverance means keeping on going, persisting in living out our Christian faith despite difficulties or problems. We are to keep our eyes fixed on Jesus, the pioneer and perfecter (completer) of our faith. Jesus encountered opposition, endured the cross, was raised from the dead and is now at God's right hand.

We all get tired and down at times. But remember that Jesus promised to send us the help of the Holy Spirit. As we come to Him in prayer, the Spirit will help to restore and refresh us. (Romans 8:26-7)

Reflection

- Can you remember meeting or reading about someone whose Christian life inspired you? Give thanks for them.
- If you have access to a library, find out if there any books about Christian people which interest you. There may also be some in the Chapel.
- Please read Romans 8:26-7 and spend some time in prayer, asking for the help of the Holy Spirit.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for?
It's okay to talk to God about this.

