

Use the following thoughts and questions to have a spiritual conversation as a family. Don't emphasize having the right answer, but focus on spending time discussing the Word as a family.

## Scripture

Hebrews 11:1-2, 32-40, 12:1-2

## Session Summary

Faith is not a subjective feeling or fleeting hope. It is not based on opinion, wishful thinking, or optimism that something will happen according to plan. Rather, it is a confident assurance based on the belief that God always keeps His word. Hebrews 11 thoroughly demonstrates the importance of faith throughout all generations. The writer does not limit his examples of faith just to those who seemed to prosper in life. Instead, he unexpectedly and abruptly shifts to illustrate faith that is costly. Some conquered kingdoms, while others were martyred. Some were war heroes, and others died without even giving resistance. We do not determine the earthly outcome of our faithfulness. For some it may be celebratory, while for others it may be sorrowful. Our role is to simply be faithful and leave the results to God.

The author challenges us to “lay aside every hindrance and the sin that so easily ensnares us” (Heb. 12:1). We all have sin in our lives that we need to turn away from so that we can take hold of the freedom Jesus has died to secure for us. However, there may also be obstacles in our lives that are not necessarily sinful, but are “hindrances” that keep us from running the race well. It could be a hobby, an interest, a relationship, a certain goal, or a career path. There are many good things, but those things may be keeping us from the best thing if we aren't careful. We can not allow anything to hinder us from living for Christ and His mission.

- How do the stories in Hebrews 11, and to an even greater degree, the example of Jesus, motivate us to put faith in God?
- What are some ways that we can demonstrate our faith more through how we live?
- What are some things that hinder us from running the race better?
- What would it look like to lay those hindrances aside on a daily basis?

As a family, plan a run together. It could be a relay in the yard or a run through the neighborhood or a trail. Run in clothes that are typical for exercise. Then, do the same course a second time, but this time have one person carry weights, another person wear boots instead of running shoes, and one person wear a heavy backpack. Time yourselves each round and see which one is better. Discuss how extra weight and sin hinders us from running the race of faith as well as we should.