<u>The Seven:Truths That Help Us Journey With Jesus - Sustain</u>
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Hebrews 12:1-3
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Small Group Discussion Questions

One of the helpful truths is <u>Sustain</u>
If we live in sustainable ways, we won't burn out.

*What do you think of when you hear the word 'sustain'?
*When is a time you burned out while living unsustainably?

Read and discuss Hebrews 12:1-3 (NTE)

1 We have such a great cloud of witnesses all around us! What we must do is this: we must put aside each heavy weight, and the sin which gets in the way so easily. We must run the race that lies in front of us, and we must run it patiently. ² We must look ahead, to Jesus. He is the one who carved out the path for faith, and he's the one who brought it to completion.

He knew that there was joy spread out and waiting for him. That's why he endured the cross, making light of its shame, and has now taken his seat at the right hand of God's throne. ³ He put up with enormous opposition from sinners. Weigh up in your minds just how severe it was; then you won't find yourselves getting weary and worn out.

*What is this passage saying to you?
*What does it tell us about sustainability?

The race is unsustainable when we run it alone
We draw strength from those who have gone before.

*Who are your 'cloud of witnesses'?
*What insight have you have you gotten from them about avoiding burn out?

The race is unsustainable when we carry too much
The key is to address those heavy weights and sins that get in the way.

*How do you take stock of the heavy weights you are carrying?
*If you are comfortable sharing, what is something that is causing you to be worn out right now?

The race is unsustainable when we don't keep our focus on Jesus
The most sustainable thing we can do in our journey is look to Jesus.

*How has Jesus given you hope to endure the race?
*What are some unsustainable ways you may be living? How can you live to stay in the race better this year?