

Biblical Metaphors
A Runner in the Christian Race Study Questions
Hebrews 12:1-2

1. What are two reasons given in this lesson to run the Christian race?

2. How does it affect other Christian's lives when you run your Christian race by faith?

3. What gives the runner patience to continue his race? How does this relate to running the Christian race?

4. What is the one goal of the runner?

5. Describe a time when you wanted to quit, but you kept your eyes on the Lord and pressed on? If you have already seen the rewards from this endurance, list them.

6. What in your life may be restricting you from the greatest efficiency in serving the Lord? What steps should you take to lay aside these "weights"?

7. How does patience relate to racing? What are the benefits of patience for the Christian runner?

8. Have you ever made a commitment to finish your race strong to the glory of God? If not, make one today. What promises can you claim to help you remain faithful until the finish line?

Memory Verse
Philippians 3:14