

LIFEGROUP

STUDY ON FOCUS

Kingdom values are shaped in our lives as we focus on Christ. This past week, we looked at the example of Mary and Martha to see how they focused on God, even in times of emotional distress. Today's Bible Study will look at Hebrews 12 to see practical ways to help us focus on God

Read Hebrews 12:1-3

1. These verses compares our Christian life with that of a race. What's the purpose of this race? Why does verse 2 tell us to focus on Jesus? How would that help us in the race?
 - 1.1 These verses also remind us of the community of "witnesses" - saints in the past-to challenge us to keep focus. How do the examples in history, and in our present help us stay accountable?
 - 1.2 How does verse 3 help us?

Read Hebrews 12:4-11

1. These verses talk about God's discipline in our life. Does God discipline your life? What kind of discipline of God do we see in our life? Do you think difficult situations that you are in are some places where God's discipline is being demonstrated?
 - 1.1 How can understanding God's discipline in your life encourage you to focus on him during those difficult situations?
 - 1.2 One of the things we can see from this passage is God helping us have a "growth mindset" instead of a "fixed mindset." A growth mindset helps us move forward in hard times, and fixed mindset is more likely to give up. How can you have a growth mindset in God?

Read Hebrews 12:12-17

1. How can verse 12 & 13 happen in your life? What practical steps can you take to make this happen?
 - 1.1 Are these verses hard to live by? How do these relate to verse 4?
 - 1.2 How have you been challenged by Hebrews 12:1-17?

Reflection

Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as you ever can
-John Wesley

Pray Together

Extra Time

Read Hebrews 12:18-29

We have an eternal God, who's Kingdom reigns forever. Knowing the uncertainty of life here, and the way things work in this world – we should be encouraged that our God is eternal, and his Kingdom will never be shaken.

28-29 Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.