



LISTEN UP!

Hebrews 12v1-17

A Call to Keep Going



STEP 1 – Find the book of **Hebrews** in your Bibles...

STEP 2 – Follow in the Bible and **Listen Up!**

Getting started...

What did we learn last week about these heroes of faith in Heb Ch 11?

- They trusted God’s **W** _____
- They looked forward to a **B** _____ future
- The **T** _____ a relationship with God
- They **P** _____ even to the point of death

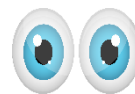


And we are called to **I** _____ them!

1) How do we _____ ?

By doing 2 things...

- **Throw Off** – Anything and **E** _____ that gets in the way
- **Fix On** – Keep **L** _____ to **J** _____



What do you need to **‘throw off’**? Write down one thing below...

How could you **‘fix on’** better? Write down one thing below...

Chat more over lunch about what that looks like in practice

How did Jesus **endure** the cross? ➡ For the **J** _____ set before him!



2) What is God doing in us as we _____ ?

Making us more like J _____ !

Therefore, don't be discouraged in your S _____

Be E _____ by what God is doing in you!

Write down one word that describes God's discipline... _____

Does that help when things are tough? Chat more over lunch...

Write down 2 things that the author encourages us to do in v12-13

- Strengthen your F _____ arms and W _____ knees
- Make straight P _____ for your feet



So that your life might encourage O _____ !

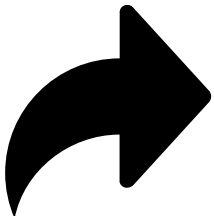
And remember we run in his S _____ not ours

**Keep
Going**

STEP 3 – During / After the preach...



Have you got any questions about what you've heard? If so write them down...



What is God calling you to do? Write it down...



What do you need God's help with? Write it down...