

Youth Group at Home Session 7

After watching the sermon, answer the following questions to help process what you learned. Write down your name and answers on a piece of paper and take a picture of it and email it to me at dmvsqz1@gmail.com

1. What do you think about the metaphor the author of Hebrews used for the Christian life as a race? Can you relate to this as a metaphor? Why or why not?
2. One of the sources of strength we have to run our race with endurance is our Christian friends. Can you think of a time when a friend helped you deal with a struggle you had with your faith? Or a time when a friend helped you stay strong in your convictions?
3. In your own words, explain how a sin habit can “entangle” you as you try to run the race of your faith.
4. If a friend was struggling with a sin-habit, how would you advise them to deal with breaking it? What steps would you encourage them to take?
5. We're called to focus on Jesus so that we are not distracted as we run our race. What are the things that you are tempted to be distracted by? What can you do to minimize them?
6. The author of Hebrews encouraged us to think about how Jesus dealt with all the negativity and the trials He faced and draw strength from that. Think about it for a second: how did Jesus deal with people who were against Him? How did He deal with tough times? And how can you apply this to your own life?