

# In Your Life Race Fix Your Eyes on Jesus (Hebrews 12:1-11)

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**Guidelines:** Protect confidentiality and follow the leader's prompts

## **Lectio Divina Rhythms/Process (Repeat three times):**

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

**Introduction:** Imagine your life as a race in which the Lord Jesus is running just ahead of you as your Coach and Pacesetter. Spiritually, you're surrounded by great Christians and angels who are reminding you of the story of Jesus, praying for you, and cheering for you to keep on following Christ! Like an athlete you've been training to endure pain and hardship by enjoying God's loving presence with you. The great challenge is that in our trials we're prone to feel shame and lose heart. Instead we can trust the ministry of our Heavenly Father to use our trials to form us to be a righteous and peaceful person like his Son and our Savior.

**Opening Prayer:** Let's fix our eyes on Jesus (Hebrews 12:2).

## **Read Scripture: Hebrews 11 (NIV)**

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

4 In your struggle against sin, you have not yet resisted to the point of shedding your blood. 5 And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,

"My son, do not make light of the Lord's discipline,  
and do not lose heart when he rebukes you,  
6 because the Lord disciplines the one he loves,  
and he chastens everyone he accepts as his son."

7 Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?... 11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

**1st Reading:** What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

**2nd Reading:** Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

**3rd Reading:** What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.