



ATTENTION

Obsessive-Compulsive
Perfectionist
Control-Freaks

C.H.I.L.L. O.U.T.

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Week 3

Ignore the Competition and Opposition



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Week 3

I – Ignore the Competition and the Opposition

Hebrews 12:1-3

Read the whole book of Hebrews. What are some things that stood out to you?

According to this book, what is the definition of faith?

Who are some of your heroes of the faith? Why?



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In your life, what is a decision you faced which required faith?

How did God prove faithful?

What did you learn?

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What situation(s) are you currently facing which requires faith?

What does our key passage say we are surrounded by?

Do you have some family members in heaven? Who are they?

How does their faithfulness encourage you?

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In Hebrews 12:1-3 there are three admonitions, they are written as 'let us'. List them:

- 1.
- 2.
- 3.

The first admonition has two parts. What are they?

What is something that hinders you? What sin has or is entangling you?

If you are a runner, what do you know about training? How do you prepare? Why is it important? Is training passive or active? Why?

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Here are some other verses including the word race:

1 Corinthians 9:24 and 2 Timothy 4:7

What is the unifying theme?

How do these verses encourage or inspire you?

How would you describe your 'race' /life/ calling?

How has God confirmed this?

Have you embraced your race or do you resent it? Why?



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Jesus is described as the Author of our faith. How is this true? List verse to back up your answer.

How is He our Perfecter? List verse to back up your answer.



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What was the joy set before Jesus? Is it the same joy set before us?

How so?

How could a clear focus on that immanent joy effect how we live?
How we speak? Who we tell about Him? How we worship? How we
study His word?



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Philippians 2 discusses Christ's nature and sacrifice. The Gospels recount His death.

What did He endure?

What shame was associated with death on the cross?

How is it that Christ's sacrificial death was a glory to God?

How is possible that our most difficult times, our losses, our betrayals, our tragedies, our challenges, can be a glory to God?

What is the key?

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The last verse holds the key.

Who are we to consider, think about, meditate on, contemplate, when we are in a difficult time?

What can thinking on Him do for us when we are hurting?

This verse implies that He knows we would be in danger of being wearied, of wanting to give up, to run away, to scream. What is His antidote?