



Hebrews 12:1 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.

Icebreaker

1. Would you rather run a mile in the woods or walk over 25 feet of burning coals on a beach?

Conversation Starters

1. Jeff said, “The Single best way I have experienced God is going out for a run in the woods.” How would you complete the sentence? The single best way I have experienced God is.....

Have someone read Romans 5:17 The Message ...can you imagine the breathtaking recovery life makes, sovereign life, in those who grasp with both hands this wildly extravagant life-gift, this grand setting-everything-right, that the one man Jesus Christ provides?

2. How do you respond to these two truths? God gives us a gift we could never earn that has the capacity to draw us close to him in ways that bring extravagant joy in life. **AND** We must grab hold of or receive this gift in order to get the full benefit.
3. Spiritual practices are the ways we grab hold of or receive the gift. Why do these practices sometimes feel boring or never ending rather than life giving? How can we begin to grab hold of the gift of grace, love and life with new eyes, like we are running for our life?
4. What do you think about inviting God into something that brings you life? Why would you? Why wouldn't you?

What if all you need is a little quiet, for you to hear or receive the abundant life Jesus came to bring and God wants you to enjoy? To receive Jesus himself?

5. How noisy is your life? When is the last time you were alone? What was it like? What keeps you from enjoying quiet? If you love quiet how do you fight for it?
6. When is the last time you were alone with God? What was it like? If you haven't been, what do you imagine it would be like?

The Bible is full of people who meditate. Meditation is a way to listen to God and reflect on what God is saying. “Meditation is your way of running for your life with Jesus.” God can't wait to show you new and beautiful things about himself. It might be a reflection on something you have read or a way to offload some things that are weighing you down.

7. What do you think about meditation? What's your experience with it?
8. How might you incorporate more solitude and meditation into your life? What gets in your way? What could you do to get more clear about why you need to “run for your life?”