



HOLD FIRM

SMALL GROUP DISCUSSION QUESTIONS

SUNDAY 22 March 2026

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22 March 2026

GETTING STARTED

The book of Hebrews is both comforting and challenging, and filled with deep truths. The author challenges us to go deeper into the word and throw off all that holds us back, to run with perseverance the race set out before us. The last two chapters of the book provide a challenge, a warning and an exhortation to live as God's witnesses to the world around us.

INTO THE WORD

Read Hebrews 12: 1-3

- Who are the witnesses that have gone before us? Think of those who have had an impact on your Christian walk.
- What are the things that hold us back in our day to day lives? Do we get distracted by the business or drama in our lives? How can we identify and "throw off" these things?
- How does sin entangle? The writer is indicating that sin will trip us up and prevent us running the race.
- What healthy habits should we form to help us keep our eyes on Jesus?

Now read Hebrews 13: 9-10

The Hebrew Christian's were tempted to return to their Jewish temple worship but are challenged.

Key Verse

“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, 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. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

Hebrews 12:1-3 NIV

GOING DEEPER

The Hebrew Christians were tempted to return to the familiar Jewish temple worship but the writer is challenging them to stand firm. We are no longer a nation chosen by God, we are his children, chosen and redeemed. We now belong to his family. We need to know God's word and be able to identify counterfeit teaching. Today we are being bombarded by social media, politics and news stories that invoke fear and animosity towards others who may not share our skin colour or heritage.

- What do you believe should be our response based on the teaching of Jesus?
- How can we ensure we are not carried away by strange teaching?

Reflection

In establishing a new covenant God says he is doing a new thing, a new relationship with us his children. Our response is to have faith and be faithful.

Living it out

Hebrews 13 lays out the behaviour that should be our natural response to God our father. It is through a life submitted to God that we will show those we come in contact with the love of God. That is how we are to be witnesses.

- How can we live out our faith and love of others in practical ways?

Memory verse:

“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.”

Hebrews 13:20-21 NIV