

# REFUEL

→→BIBLE STUDY VOL.1



The purpose of this Refuel video series is to take what Doug talked about and think about it more deeply as well as discuss it with others. There are several ways to do this: (1) small group questions, (2) a Bible study, or (3) discussion questions in the Refuel book. This is #1, a Bible study that you can use in your group or for individual study.

## →→ GETTING STARTED

- 1) Find a time and place where you can be free of distractions. Make every attempt to disconnect from the world.
- 2) Begin your time with prayer: ask God to quiet your heart so you may hear what he has to say through His Word.
- 3) Read this Scripture at least three times...at least once out loud.
- 4) Circle the words or phrases that seem unclear.
- 5) Underline the words or phrases that are especially meaningful to you.

## →→ SCRIPTURE HEBREWS 12:1-4 (NLT)

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Think of all the hostility he endured from sinful people; then you won't become weary and give up. After all, you have not yet given your lives in your struggle against sin."

## →→ CONTEXT OF SCRIPTURE

The author of the Book of Hebrews wrote this letter to demonstrate how important Jesus is for our faith. In chapter 11, more than 20 "spiritual heroes" from the Old Testament are mentioned and commended for their incredible faith. They placed their faith in God and looked forward to the promised Savior. Jesus is that Savior! He saves! Salvation is his! This fundamental reality never gets old... although it's often forgotten. Because it's easily forgotten we are challenged to keep our eyes on Jesus.

## →→ WHAT'S IN A WORD?

### "the place of honor"

Some translations translate this phrase, "seated at the right hand." In ancient times, sitting at the right hand of the king was a position of prestige and honor. The mother of James and John (two of Jesus' disciples) asked Jesus if her sons could sit at his right and left hand. (See Matthew 20:21)

## →→ DIGGING DEEPER

Work through the following questions at your own pace. You don't have to answer all of them, and you can even think of your own questions as you read/re-read the text.

1. What is "the race" that you feel God has called you to run?
2. What are some of the specific "weights" in your life that keep you from living the life God has for you?
3. What are some practical ways you can keep your eyes on Jesus? What has worked well for you in the past?
4. When focused on Jesus, it's much easier to avoid the trap of comparing to others. Why is that true/not true? Who are some people you compare yourself to and why?
5. According to this Scripture what will keep you from giving up? Why do you think this is true? What does this look like in your life?
6. Difficulties can easily derail one's faith... they get you thinking about yourself and it's simple to wallow in self-pity, worry, or be envious of others. How can thinking about the trials Jesus faced strengthen your faith?
7. What connection can you make between Doug's video and this Scripture passage?

## →→ WHAT'S NEXT FOR ME?

Based on your study of this passage, how is your life going to be different? Be as specific as possible!

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If you have time, flip this sheet over and rewrite the passage in your own words.