



April 6-7, 2024

### Opening Conversation Starters

- Share a meal together.
- Share an experience from your daily devotions (How is God at work in your life?)
- Share a takeaway from the Weekend Message (What has God been saying?)

### Discussion Questions from Weekend Message (To help you hear *and* practice)

- What discipline did you sometimes resent as a child that you appreciate now?
- Read [Hebrews 12:1-15](#). What are three actions in verses 1-2 that we can take to help us run God's race? What are tangible examples of each?
- In verse 3, how can Jesus' example help us with this race?
- This race brings hardships including struggles with sin and the pain of suffering. How should we view these hardships according to verse 7? How do verses 5 & 6 explain this?
- How could hardships also produce bitterness?
- Pastor Scott said bitterness grows up, produces trouble, and infects other people (see verse 15). How have you seen this to be true in your life or the lives of those around you?
- How do verses 8-11 explain the challenges and benefits of discipline? How can someone avoid or remove bitterness and anger toward discipline that was not for our good?
- What suggestions on dealing with bitterness did Pastor Scott give that stood out to you? What direction do verses 14-15 offer?

### Prayer Time

Bitterness and anger can cripple us if we allow them to stay in our lives. It's possible someone in your group or someone you know is struggling with this issue right now. Your group is a part of that "crowd of witnesses" in verse 1 that can encourage and help us run God's race. Encourage honest sharing and receive it with grace as you pray for each other.

### Rhythms of Discipleship



Sacrificial  
Generosity

It takes discipline to give generously of our time, talents, and treasure, but that can help remove bitterness as well. To help your group talk about generosity, go to our [Life Groups Website](#), [Leader Helps](#), [7 Rhythms](#), [Sacrificial Generosity](#).