



The Kingdom's Framework

September 6-12, 2026

If you could choose, which would you prefer, and why: lightning-bolt sprinter's speed or a marathon champion's endurance?

The Scriptures teach us that the Christian life is more like a marathon than a sprint. The key measure is endurance in faith. The goal is to finish well. And the prize is to hear the Lord Jesus Christ say, "Well done, good and faithful servant!" But running the race of faith isn't easy. We must train diligently and practice daily. We must embrace God's discipline. We must keep our focus on Jesus. This was the "pep talk" of faith that the writer of Hebrews delivered to his first readers. If we want to finish the race of life well, we must have our eyes focused on Jesus.

READ [HEBREWS 12:1-3](#).

How does the sports metaphor in this passage help your understanding of the concept of Christian endurance?

Is there anything in your life that might not necessarily be sin but is still slowing you down? What is it?

If you were to use this passage to encourage a new believer, what parts would you highlight? What parts would you use to encourage a faithful believer who is discouraged?

Jesus endured the cross for the sake of believers. Invite the group to search for phrases in verses 2-3 that describe what Jesus endured on our behalf. Jesus didn't "grow weary and lose heart." We can be encouraged by His example.

We must "keep our eyes on Jesus" to avoid being distracted by anything else. When we stay focused on Jesus, our attention is less likely to drift toward that which would pull us off course.

These verses encourage believers to remember that trials and discipline show God's love for us. They are part of His plan to help us mature. When our focus is on Jesus, then we can run the race of life unencumbered. We can embrace even difficult circumstances as a means of making us more like Him.