

The Week of:

Sept. 21, 2022

What's your life like:

- Are you a morning or night person?
- Share a high and a low from the week.

What are we talking about this week:

Bible Verses

- Hebrews 12:1-2, Ephesians 5:1-2

Discussion Questions

1. How do we know if we are running a good race? Why does it matter if we do or not?
2. What does it mean to run a good race?
3. What does it mean to fix our eyes on Jesus? Why should we look to Jesus to know how to run a good race?
4. How did Jesus live a life filled with love?
5. Why should we sacrifice for others? What could that look like in your life this week? What could be a positive outcome from you making a sacrifice for someone?
6. If we want to know more about how Jesus lived his life so we can follow his example, what can we do?

Now what:

- What is one way you will love someone or sacrifice for someone this week?