

## Examine Yourself

Hebrews 12:1-4; Corinthians 13:5

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**" Throw off *everything* that hinders you and the *sin* that so easily entangles, and run with perseverance the race marked out for you....fix your eyes on Jesus...."**  
(Hebrews 12:1-2). **"Continually examine yourself to see if you are in the faith"**  
(2Corinthians 13:5).

We are to lean into specific and measurable actions, when we do, the Scripture calls this the result of faith. This action does not save us, but it is the visible evidence of God's saving work and grace in our lives. We have learned previously that we will be tested in order reveal if we truly believe God's commands, teachings, and promises-- so that we will grow deeper in faith.

### Discussion Questions:

1. Name three things that are hindering you in your faith race? These things may not be necessarily sinful, but they are hindering your run (i.e. people, places, things, beliefs).

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2. Name at least one sin that easily entangles you and hinders your run?

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3. What command, teaching, or promise does God give you for each thing or sin you listed above?

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4. What would it look like if you ran with faith in these specific areas of your life? What would be the result? How would your life be different? Please don't be vague or too general--that will not help you or those around you.

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