

Running the Race with Endurance

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Understanding Our Spiritual Journey

Name: _____

Date: _____

Answer the following questions based on our lesson about Hebrews and the metaphor of the Christian life as a race.

1. What does the race metaphor in Hebrews represent?

- A. A physical race
- B. Our spiritual life
- C. A competition

2. Jesus is the author and perfecter of ____ according to Hebrews 12:2.

3. What are some weights that might slow down your spiritual race? List two or three.

4. We should focus on Jesus to help us run our spiritual race effectively.

- True False

5. According to the lesson, how can we develop resilience?

- A. By avoiding challenges
- B. By focusing on Jesus
- C. By comparing ourselves to others

6. Philippians 4:13 tells us, 'I can do all this through him who gives me ____.'

7. In what ways can challenges help us grow stronger in our spiritual race?

8. The Christian life is described as a sprint in the Bible.

- True False

9. What is the ultimate goal we should keep in mind during our spiritual race?

- A. Winning a trophy
- B. Pleasing others
- C. Getting closer to Jesus

10. How can we keep our eyes fixed on Jesus during tough times?

Answer Key

1. Our spiritual life 2. faith 3. Distractions like social media and negative thoughts can slow me down. 4. True 5. By focusing on Jesus 6. strength 7. Challenges teach us to rely on Jesus and build our faith through experience. 8. False 9. Getting closer to Jesus 10. We can pray, read the Bible, and remember His promises to help us stay focused.

