



**Hebrews – Don't Tap Out**  
**Pastor Dave Patterson 07.30.2023**

**USING THIS SERMON DISCUSSION GUIDE**

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

**[Hebrews 12:1-3, NLT]**

<sup>1</sup> Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily entangles us. And let us run with endurance the race God has set before us. <sup>2</sup> We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. <sup>3</sup> Think of all the hostility he endured from sinful people; then you won't become weary and give up.

***"This Christian journey with Jesus, from right here to eternity is not a sprint, it more resembles a marathon."***

## **[Hebrews 12:1b, NKJV]**

“... let us lay aside every weight, and the sin which so easily entangles us, and let us run with endurance the race that is set before us”

## **[Hebrews 12:5-13, NIV]**

<sup>5</sup> And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when He corrects you,

<sup>6</sup> because the Lord disciplines the one He loves, and He chastens (brings correction to ) everyone He accepts as his son.” <sup>7</sup> As you endure this divine discipline, remember that God is treating you as his own children. <sup>8</sup> If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. <sup>9</sup> Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! <sup>10</sup> They disciplined us for a little while, doing the best they knew how; but God disciplines us for our good, in order that we may share in his holiness. <sup>11</sup> No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. <sup>12</sup> Therefore, strengthen your feeble arms and weak knees. <sup>13</sup> Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.

## **Four Sources of Storms (seasons of pain, affliction and trial)**

**1. Self- induced storms = the simple, yet unavoidable law of sowing and reaping (Galatians 6:7-8)**

**REPENT – change your mind and your direction**

**2. Proximity to someone else’s storm (Proverbs 13:20)**

**3. Demonic storms / Spiritual attacks (Ephesians 6:10-12)**

## **[1 Thessalonians 2:18, NLT]**

We wanted very much to come to you, and I, Paul, tried again and again, but Satan blocked our way.

**4. God-allowed storms / “The discipline of the Lord”**

**[Psalm 119:67-68, NLT]**

<sup>67</sup> I used to wander off until you disciplined me; but now I closely follow your word. <sup>68</sup>  
**You are good and do only good;**

***"We want free will during the sowing and sovereign protection during the reaping."***

**[Romans 8:28, NIV]**

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

**[Genesis 50:2, NLT]**

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

**How to Navigate a storm:**

**1. Identify the source**

**2. Trust God through the process**

***"Trust comes through application of and speaking out the Word!"***

**[John 15:2, ESV]**

Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit He prunes, that it may bear more fruit.

**3. Do not attempt to escape or "tap out" early**

**[Hebrews 12:5b-6a, NIV]**

...don't make light of the LORD's discipline, and don't give up when he corrects you. For the LORD disciplines those he loves, ...

## 4. Fix your eyes on Jesus

**[Hebrews 12:12, NLT]**

<sup>12</sup> So take a new grip with your tired hands and strengthen your weak knees. <sup>13</sup> Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.

## **Key Points:**

### How to Navigate a Storm:

1. Identify the source
2. Trust God through the process
3. Do not attempt to escape or "tap out" early
4. Fix your eyes on Jesus

## **Applications for the Week:**

This week, take inventory of your life and identify any weights that might be weighing you down. As the Holy Spirit reveals these areas, write them down, repent, and commit to trusting and fixing your eyes on Jesus.

## **Discussion Questions:**

1. Have you ever ran a marathon or set a goal to run several miles? What was your experience to finish your run?
2. What are some everyday examples of endurance? What gets highlighted and praised by the world at large?
3. What does it cost us to follow Jesus today? Are there things in your life that you struggle to let go to follow His ways? (See Hebrews 12:1)
4. When have you weathered a storm in life? What was the impact on your personal and spiritual life?
5. Pastor Dave said, "Check your backpack." What are some weights that you, your family, or those in your sphere don't need to carry that you are currently holding?
6. How do we build a lifestyle where we invite correction and discipline from the Lord? What benefit comes from living that way?
7. How can we identify the source of storms in our lives? How can we navigate these storms?
8. How do we build a lifestyle where we invite correction and discipline from the Lord? What benefit comes from living that way?