



08/09/2026 | Pastor Erwin Ramos

WARM UP QUESTION: Have you ever participated in an unusual endurance contest such as a dance-a-thon or eating contest? Have you ever finished a full-year Bible study?

READ: Hebrews 12:5-15

FOCUS: We endure suffering for Christ if we remember God's fatherly discipline.

OBSERVE:

- In the race of life, we experience "good" pains that help us grow and make us wiser, and "bad" pains that are warning signals of stress or injury.
- As we go through these pains, it is helpful to know that they have meaning and lasting benefit. It helps us to stay motivated and endure to the end when we recall the "great cloud of witnesses" who have gone before us, and the suffering and endurance of Jesus.
- Finally, we need to understand that God's fatherly discipline and exhortation to endure help us along the way, so we can receive the full benefit of our sonship in the Kingdom.

DISCUSS:

- What stood out to you, or what did the Holy Spirit bring to your attention?
- What does sonship mean to you? How have you grown into your understanding of it?
- How do you sense the Holy Spirit is guiding you to respond to God's desire for you to "run with endurance" the race set before you?

TAKE ACTION:

- Read Exodus 17:10-13 how Aaron and Hur stood with Moses while Joshua fought against Amalek.
- Discuss how you can help each other run the race, help others along the way, live at peace with everyone, and avoid offense and resentment.

PRAY: *Heavenly Father, come to our aid when we are about to lose heart. Holy Spirit, continually remind us of the prize set before us so we don't grow weary, and give up. Strengthen us, keep us from sin, and show us how to pursue peace with all people. In Jesus' name, we pray. Amen!*