

Enduring by Looking to Jesus

What are your biggest obstacles in the next few weeks (academic, personal, relational, etc.)?

Read Hebrews 12:1-2. What can we glean by this metaphor of life being a race?

Write down a few “weights”/“encumbrances” or sins that are holding you back from enduring with joy:

Note that the verse doesn’t say “look to yourself” for motivation—what are ways we are tempted to look to ourselves for motivation to endure? How can this discourage us?

What else distracts us from keeping our eyes on Jesus?

The Greek word for ‘looking’ is a much fuller word than we can find in the English language. It has a preposition in which turns the look away from everything else. You are to look from all beside to Jesus. –C.H. Spurgeon

Focusing on Jesus

Use the verses below to study and meditate on different facets of our great Savior. Discuss ways to use these truths to combat discouragement as you look to Christ. Ask yourself these questions...

- What aspect of the character of Christ do these verses highlight?
- What type of discouraging or pressure-filled situation would this verse be the most helpful for?
- How can we use the truths of this verse to encourage ourselves as we look to Christ?

Hebrews 1:8-9

Hebrews 1:10-12, 13:8

Hebrews 2:14-15

Hebrews 2:17-18

Hebrews 4:14-16

Fueled by Joy

Jesus “despised the shame.” Despised carries the idea of “to think little of.” Jesus “thought little” of the shame of the cross. For Him to think little of the cross, He had to have something bigger in view. What was that?

Read 2 Corinthians 4:17-18. How can we connect this idea of “thinking little of” to these verses and our own trials?

*So I shall ask for you tranquil faith, radiant peace.
“They looked to Him and were radiant (Ps 34:5).”
That radiance does not depend on circumstances.
Amy Carmichael*

We can choose joy when our perspective is right! Jesus endured with joy because He thought little of His suffering and more of the joy to come. Christ so believed in the weightiness of what was coming—glorification in Heaven.

Read Hebrews 11:13-16. We are pilgrims on this earth—living for another time and another place. How can the joys of heaven fuel our endurance today? (Psalm 16:11, 1 John 3:2, Matthew 25:21, Philippians 3:20-21)

*It will be worth it all when we see Jesus!
Life’s trials will seem so small when we see Christ.
One glimpse of His dear face, all sorrow will erase.
So, bravely run the race till we see Christ!*