

Group Questions

1. Do you find the smaller problems you confront every day more difficult to deal with than the major problems that appear every so often? Why or why not?
2. Hebrews 10:36 says we have need of endurance. Discuss some reasons why endurance is necessary for a godly life.
3. Read James 1:2–4 and talk about the following questions:
 - a. Has God promised us a life of comfort?
 - b. Rejoicing through tribulation is easier said than done. What steps can we take to see the positives to hardships? Why can we have joy in adversity?
 - c. According to verse 4, what is one positive outcome to successfully enduring the trials of life?
4. One way we learn endurance is by “surrounding ourselves with champions.”
 - a. List some people, alive or deceased, who inspire you to continue running the race with endurance.
 - b. Who are some people in the Bible who modeled endurance? Retell their stories to the group.
5. Read Hebrews 12:2.
 - a. According to this verse, Jesus endured the cross by keeping His eyes on the goal. What was His goal?

b. Why do you think that focusing on a goal helps us endure difficult circumstances?

6. Spend a few minutes praying Colossians 1:11 over each member of the group. Ask God to strengthen each person “with all might, according to His glorious power, for all patience and longsuffering with joy.”

DID YOU KNOW?

While there are numerous kinds of endurance races held all over the world, none is as mysterious as the Barkley Marathon held in Frozen Head State Park near Wartburg, Tennessee. While it is quirky, that doesn't mean it isn't hard. Out of the more than 800 times entrants have started the race, it has been completed in the allotted time only eighteen times by fifteen runners. The annual race is limited to forty runners who must cover five unmarked twenty-mile loops—a total of 100 miles in less than sixty hours. The race basically consists of running up and down rugged, wooded mountains—nearly 55,000 feet of vertical climbing. The race is not advertised, and there is no website. It is held in March or April, and the people who enter somehow find out when and where.

Notes

1. Robert St. John, *Tongue of the Prophets: The Life Story of Ben Eliezer Yehuda* (New York: Doubleday, 1952), 367.
2. Angela Duckworth, *Grit: The Power of Passion and Perseverance* (New York: Scribner, 2016), 275.
3. *Ibid.*, 46.
4. Jim Collins, *Good to Great* (New York: HarperCollins, 2001), 206.