

# Friday

1 Kings 19:1–18

1. When was a time you felt like just giving up?
2. What was the cause of Elijah's discouragement?
3. How did the Lord care for him? Why was that important?
4. In light of our theme, "remembering the witnesses," how might God's words in verse 18 have helped Elijah persevere?
5. How does the fellowship of other believers here and around the world help you stay the course and run the race with endurance?



GO FOR THE **GOAL**  
BULLETIN JOURNAL

MONTH OF  
SUNDAYS

# WEEK 1

## RESPONSE

Develop a "go for the goal" mindset by remembering the witnesses

## HOW-TO

Get to know a spiritual hero from among the cloud of witnesses.

# Sunday

Hebrews 12:1

## Sermon Notes

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# Monday

Genesis 6:8—7:5; Hebrews 11:7

1. Describe the moral atmosphere of Noah's world (Genesis 6:5–6, 11–13).
2. Are there any similarities to the world we know today? Explain.
3. List some of the ways Noah is described.
4. What about his walk with God impresses you the most?
5. Imagine Noah in your grandstand cheering you on. What do you think he would be shouting?

# Tuesday

Hebrews 11:8–12; 17–19

1. What keeps you going? What motivates you to live your life day by day?
2. Was the first question difficult to answer? Why or why not?
3. How would Abraham and Sarah answer this question?
4. Complete this statement: If I were to choose Abraham or Sarah as my new hero, it would be because \_\_\_\_\_.
5. In Genesis 15:1, God reassures Abraham (then Abram) with these words: "Do not be afraid, Abram. I am your shield, your very great reward." How do those words encourage you as you seek to develop a "go for the gold" mindset?

# Wednesday

Joshua 2:1–21; Hebrews 11:31

1. Have you ever found yourself in a difficult situation where doing the right thing wasn't all that easy to discern? Explain.
2. What was the conflict Rahab faced?
3. What statements indicate that Rahab was a true believer in the Lord (also see James 2:25)?
4. In what way might Rahab be considered a hero of the faith?
5. Rahab's in your grandstand cheering, "You go, Girl (or Guy)." More specifically, what would she mean by that as you "go for the gold"?

# Thursday

Hebrews 11:32–39

1. What is the worst experience you have endured for the sake of Christ?
2. How does that compare to the descriptions found in verses 35b–38?
3. Not all biblical heroes went through the same encounters, yet they all got the "gold" eventually. What does this indicate about one's attitude toward the race?
4. A key ingredient in these people was faith. How would you rate your faith right now? (Check one):
  - Amazingly strong
  - Pretty good
  - Kind of average
  - Weak
  - Almost non-existent
5. Tucked into this passage is the phrase, "whose weakness was turned to strength" (34c). How does that encourage you in your pursuit of the "gold"?

