

TOPIC: JESUS IS THE FIX IN 2026 – PASTOR ALTON TRIMBLE
BIBLE STUDY & LIFE GROUPS: WEDNESDAY, JANUARY 28, 2026

Hebrews 12:1-3 (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. and let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Hebrews 11:1-40 (NIV)

1. THE FIX FOR BAGGAGE OR LUGGAGE IS TO ALLOW GOD TO UNPACK YOURS!

Hebrews 12:1c-d

"...let us throw off everything that hinders and the sin that so easily entangles."

Ephesians 4:22-24 (NIV)

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires... and to put on the new self, created to be like God in true righteousness and holiness."

2. THE FIX FOR OUR DISTRACTION IS SINGULAR FOCUS.

Hebrews 12:1e: 2a-c

"And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Psalm 16:8 (NIV)

"I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

Philippians 3:13-14 (NIV)

"But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

3. THE FIX FOR OUR WEARINESS IS GOD-ENABLED ENDURANCE, HIS ENDURANCE.

Hebrews 12:2d-f; 12:3

For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Galatians 6:9 (NIV)

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Isaiah 40:31 (NIV)

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

LIFE GROUP DISCUSSION QUESTIONS

1. Unpacking Baggage:

- What "baggage" or burdens are you carrying into this year that you need to allow God to unpack?
- How can you practically surrender these to Him in your daily life?

2. Singular Focus:

- In a world full of distractions, what are some practical ways you can "fix your eyes on Jesus" this week?
- How do social comparisons impact your ability to stay focused on your own race?

3. God-Enabled Endurance:

- When have you experienced weariness in your faith journey?
- How does "considering Him" (Jesus' endurance and joy) help you regain strength and perspective during difficult times?

4. Running Your Own Race:

- Hebrews 12:1 says to "run the race marked out for us." What does it mean to you to stay in your lane and run your own race?
- How can you avoid the temptation to compare your journey to others?

5. Joy on the Other Side:

- Jesus endured the cross for the "joy set before Him." What joy or purpose motivates you to keep going when the race gets hard?
- How can you remind yourself of this joy when you feel like giving up?