



WARM UP QUESTION: Have you considered that there are things that weigh you down and hinder you from running with endurance?

READ: Hebrews 12:1-3

FOCUS: Expect joy when we persevere in our faith.

OBSERVE:

- **We are in a race:** We see in Hebrews 12:1 that life is a race. If we think that life is a lazy river that we're meandering down toward our best life, then we won't respond well to suffering or trials. That mindset sees trials as an interruption to our best life rather than a means to our best life.
- **The cloud of witnesses:** In chapter 11, names of men and women of faith who have endured despite difficult and even impossible circumstances are listed in what is called the Hall of Faith. It introduces each person with the phrase, "By faith...". Hebrews 11:39 says, these people were commended for their faith even though they didn't receive the fullness of the promise they were given. They are there to serve as encouragement to run with faith! To persevere and endure in faith.
- **Throw off every weight:** There may be things that aren't necessarily sin, but are not beneficial either and are hindering you from persevering in faith. Sin that easily ensnares us— can keep us from running with perseverance. Whatever it is, lay it aside, repent and turn away so that you can run the race with endurance! Life is hard, don't make it harder by carrying sin and weights that hinder your endurance.
- **Consider Jesus:** Jesus is the ultimate example and leader of our faith. He experienced the difficulties, temptations and suffering in life as a human and still lived the perfect life of faith. We are to meditate on Jesus' life. There should be rhythms and habits in our life where we consider Jesus and follow the way he lived. Consider Him in the Word, in prayer, when you gather and on mission.

TAKING ACTION:

- Repent of any sin that has hindered your ability to run the race God has set before you.
- How can you join King's Park to run the race with spiritual family?

REFLECT:

- What areas of your life might not constitute as sin, but you have sinned in resisting God's prompting to throw those weights aside? What will you do to yield to the Holy Spirit and throw aside anything that is hindering your ability to run with perseverance and experience the joy of the Lord?

PRAY:

Jesus, help us to consider You as we run this race with patience. Thank You for giving us access to Your power in times of weakness. Thank You for giving power to the faint as we wait upon You to return. Thank You for renewing our strength each and everyday. Your grace is always sufficient for us. Help us to allow Your Holy Spirit to lead us and comfort us as we live missionally by serving one another. In Jesus' name we pray. Amen.