



Keys to Running the Race of Your Life (Hebrews 12)

1. _____ the baton.

Hebrews 12:1a

Therefore, since we are surrounded by such a great cloud of witnesses,

2. _____ up.

Hebrews 12:1b

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.

- We must be willing to deal with our schedule, our scars, and our persistent _____ of _____.

Hebrews 11:6

because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

3. _____ through the tape.

II Timothy 4:6-8

For I am already being poured out like a drink offering, and the time has come for my departure. ⁷I have fought the good fight, I have finished the race, I have kept the faith. ⁸Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

4. _____ encouraged and empowered.

Hebrews 12:2a

Let us fix our eyes on Jesus, the author and perfecter of our faith,

Philippians 4:13

I can do everything through him who gives me strength.

5. _____ the role of discipline.

Hebrews 12:5

And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you,

Don't dismiss or be discouraged by discipline.

Discipline brings brokenness; only through brokenness can God's light shine in and out.

Job 5:17-18

"Blessed is the man whom God corrects; so do not despise the discipline of the Almighty.¹⁸For he wounds, but he also binds up; he injures, but his hands also heal

6. _____ that someone is always following you.

Hebrews 12:13-14

"Make level paths for your feet," so that the lame may not be disabled, but rather healed. ¹⁴Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.

7. _____ in light of eternity.

Hebrews 12:16

See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son.