

Running the Race

Hebrews 12:1-3

Some first words of explanation:

'The witnesses' refers back to those people in the Old Testament whose faith was in God's promises. They are an inspiration to us because they all kept going in their faith in God, despite many pressures, obstacles and the temptation to give up when everything seemed to be against them.

The Christian life is like running a race. Just as every runner keeps their eye on the finish line, so every Christian keeps their focus on Jesus. Jesus is our Saviour but also our example in that he endured the suffering and shame of the cross for our salvation. He gives us the perfect example of one who kept going despite the opposition.

Two possible questions to ask:

"Is there anything in your life that holds you back as a Christian?"

"Is God making you aware of any habit or specific sin that needs to be confessed to him and turned away from?"

A possible response:

Ask God for grace to turn away from these sins and receive his forgiveness.

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Suggested prayer

Lord, please help _____ to turn away from whatever has become a hindrance to running well in the Christian race.

Help _____ to fix their eyes on Jesus every day.
Amen.

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