

# *The* **Amazing Race** **RUNNING** THE RACE OF LIFE

## **PART 1: GETTING MOTIVATED TO RUN THE RACE (Heb. 12:1a)**

*“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. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.”* Heb. 12:1-3

### **Three considerations that can motivate us to join the race...**

#### **1. Consider the \_\_\_\_\_**

*“Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he **rewards** those who earnestly seek him.”* Heb. 11:6

*“Well done good and faithful servant...”* Matt. 25:21

*“I press on toward the goal to win the **prize** for which God has called me heavenward in Christ Jesus.”* Phil. 3:14

*“Don’t you know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the **prize**. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but **we do it to get a crown that will last forever**. Therefore I do not run like a man running aimlessly.”*

1 Cor. 9:24-26

#### **2 Consider the \_\_\_\_\_**

*“Therefore, since we are surrounded by such a great cloud of witnesses...”* Heb. 12:1

*“All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance.”* Heb. 11:13

*“These were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect.”* Heb. 11:39-40

#### **3. Consider the \_\_\_\_\_**

*“You were running a good race. Who cut in on you and kept you from obeying the truth?”* Gal. 5:7

*“Carry each others burdens, and in this way you will fulfill the law of Christ.”* Gal. 6:2

## **DAILY MEDITATIONS**

### **Brief daily Bible studies based on this week’s message**

#### **This week’s memory verse:**

*“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.”*  
Philippians 3:13b-14

#### **Monday**

Read Hebrews 12:1-3. What did you learn about the set-up for these verses in Hebrews 11? How does that impact your understanding of these verses?

What did you learn about running the race of life from last weekend’s sermon?

How does the metaphor of a race fit your life’s story? What did you hear last weekend that encouraged you to stay in the race?

*Thank God today for the Bible. Thank Him for the fact that He is running the race of life with you each step of the way. Ask Him to give you the courage and desire to stay in the race even when it feels like you’re running “up hill”.*

## **Tuesday**

Read 1 Cor. 9:24-26, Phil. 3:12-14 & Heb. 11:6. Write down the two things you learn about rewards in these verses:

- 1.
- 2.

How can rewards provide motivation to stay in the race?

In what area(s) of your life are you struggling to stay in the race? How do these verses give you courage and motivation?

Write down the name of at least one person you can encourage with these verses and truth this week.

*Thank God today for His understanding of our need for rewards. Thank Him for the Bible and the encouragement it provides you to stay in the race. Ask God to give you the opportunity to encourage someone with the truth of these verses.*

## **Wednesday**

In Hebrews 12:1, the author talks about the “great cloud of witnesses” that surrounds us and urges us to run our race well. The original word used there is a term also used in Greek to describe spectators at a sporting event: It’s as if those who have run the race of life in generations before us are cheering us on. In the previous chapter, he describes some of these people. Read Hebrews chapter 11. How does the example of these people inspire you to run your race?

What does it mean to you that not all of these people met with “success” on earth?

This past weekend, Dave specifically mentioned Abraham’s example. How is faith demonstrated in each of the three examples from Abraham’s life in verses 8-19?

*Thank God for the examples of those who have gone on before. Spend some time in meditation thinking of those who have gone before, and how you can learn from them.*

## **Thursday**

Another aspect of the “cloud of witnesses” mentioned in Hebrews 12:1: The people around us right now on earth. In the message, Dave mentioned how motivating it is to run with others; for example, many more people run the Santa Cruz Wharf-To-Wharf race than would run that distance alone. Why do you think this is the case?

Have you ever tried an exercise program, like running or walking? Did it help to have others join you? Why?

How can this principle be applied to your spiritual life? Read Gal. 6:1-3 and Matt. 26:36-38. According to these verses, what are some ways others can join you in your race of faith?

What steps can you take this week to get some “running partners”?

*Ask God to help you think of some good running partners for your race of faith. If you are already in a spiritual formation group of some sort, ask God for ways to sharpen your group’s effectiveness.*

## **Friday**

Read Heb. 12:1-3. Think about the metaphor of the race. How do you see God’s grace in the metaphor of the race? How does this impact your view of the life’s race?

*Thank God today for His grace and presence with you. Ask Him for the strength and focus to run the race with perseverance.*

## **Saturday**

Today polish up that memory verse and finish any devotions you may have missed. Please pray for the services this weekend - that they would minister to people and that God would be honored by all that is said and done. Thanks!