

The Amazing Race

RUNNING THE RACE OF LIFE

PART 2: GETTING FIT (Heb. 12:1B)

“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.” Heb. 12:1

I must take off these 4 weights:

1. The weight of _____

“Worry weighs a person down.” Pr. 12:25 (NLT)

How? _____

“Instead of worrying, pray. Let your petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness... will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.” Phil. 4:6-7 (Msg)

2. The weight of _____

“My heart is wounded within me.” Ps. 109:22b

“Let go of anger, and leave your rage behind. Do not be preoccupied. It only leads to evil.” Ps. 37:8 (GW)

How? _____

“Get rid of all bitterness... no more hateful feelings of any sort. Instead... forgive one another, as God has forgiven you through Christ.” Eph. 4:31-32 (TEV)

3. The weight of _____

“People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction.” 1 Tim. 6:9

How? _____

“Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share.” 1 Tim. 6:17,18

4. The weight of _____

“...and the sin that so easily entangles...” Heb. 12:1b

I do not understand what I do. For what I want to do I do not do, but what I hate I do... What a wretched man I am! Who will rescue me from this body of death?

Rom. 7:15,24

How? _____

Thanks be to God --through Jesus Christ our Lord! ...Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. Rom. 7:25-8:1

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16

Jesus said, “Come to me, all you who are weary and heavily burdened, and I will give you rest.” Matt. 11:28

DAILY MEDITATIONS

Brief daily Bible studies based on this week's message

This week's memory verse:

“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.” Heb. 12:1

Monday

The first weight we talked about “throwing off” was *worry*. Read Luke 12:22-34 for Jesus' comments on worry. According to these verses, about what are we not to worry?

What situations bring out the worrier in you?

What has worrying done for you?

When have you seen the truth that God knows your needs and meets them?

Pray today to hand over your worries to God. Think of Christ in the cross. Thank Him for His grace. Apply the love you see in His sacrifice to your worries.

Tuesday

The second weight we discussed this past weekend was *wounds*. How can past wounds be a hindrance to running the race, in your observation?

Explore the comments of Christ about how to treat those who wound you in Luke 6:27-36. What positive responses to mistreatment does Jesus command in these verses?

What results will those who practice loving their enemies obtain?

Why do you think Jesus is so critical of conditional love?

Ask God to help you do good to someone unkind to you this week! Ask Him for insight on how you still may need to forgive those in your past.

Wednesday

The third weight we addressed this weekend was *wanting wealth*. How have you seen this become a weight?

Read Paul's comments on this in 1 Timothy 6:3-19. Why is Paul criticizing *wanting* wealth, not just wealth in general?

What evidence do you see of a love of money among people in our culture?

Why do you think people are or aren't content with what they have? Why is it hard to be content?

How can you guard against placing too much stock in possessions and riches?

Ask God to help you be more content about a specific situation in your life this week.

Thursday

Another weight we mentioned this past weekend was *wrongs*-- both wrongs you've committed and feel guilty about, and wrongs you keep committing willfully! How can sin be a weight?

Read Romans 7:25-8:3 for a description of Paul's sense of the weight of his sin-- and how he found release! How have you experienced a struggle with sin similar to that which Paul describes?

How can knowing God has achieved the ultimate victory over sin, and no longer condemns you, affect your prayers, thoughts, and attitudes?

Hand over a specific struggle with sin to God in prayer today.

Friday

Read Heb. 12:1-3 again. Focus particularly on the phrase "the race set before you". What is the specific race set before you this week-- and at this phase of your life?

What help do you need to run that race?

Ask the Lord for specific help for that race which is set before you. Spend some time focusing on Jesus Christ, your forerunner in the race!

Saturday

Today polish up that memory verse and finish any devotions you may have missed. Please pray for the services this weekend-- and the holiday events coming soon. Thanks!