

The Amazing Race

RUNNING THE RACE OF LIFE

WEEK 3: MAINTAINING MOMENTUM (Heb. 12:1-2)

“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.” Hebr. 12:1,2

How do I maintain spiritual momentum?

WEEK 1 REVIEW

1. I will find strength from _____

“Therefore, since we are surrounded by such a huge crowd of witnesses...”

What person of faith and godliness can strengthen my walk?

WEEK 2 REVIEW

2. I will put off whatever _____

“...let us throw off everything that hinders and the sin that so easily entangles...”

In order to maintain momentum, I need to let go of...

3. I will _____ until I cross the finish line

“...let us run with perseverance the race marked out for us.”

2 keys to making it to the finish line:

- _____
- Run _____ race

As 2005 draws to a close, I know God wants me to keep on ...

4. I will stay focused on _____

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

“What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.” Phil. 3:8 (NIV)

In order to stay single-minded through the Christmas season, I will...

5. I will endure the pain for the sake of _____

“...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.”

“I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.” Phil. 3:14 (NLT)

I am able to endure the present because I know someday...

“Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.” 1 Cor. 15:58

DAILY MEDITATIONS

Brief daily Bible studies based on this week's message

This week's memory verse:

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

Monday

Now that we have spent three weeks in Hebrews 12:1,2, read those verses meditatively today. What new insights have you gained?

What words or phrases or images speak most to you?

What changes or commitments have you made-- or do you feel led to make-- as a result of these verses?

Offer these verses back to God in the form of a personalized prayer.

Tuesday

Read 1 Cor. 15:51-58 and 2 Cor. 4:8-18. Our third point this weekend was to keep running until you cross the finish line. What seems to be motivating Paul in these verses?

How do you think he would define the “finish line”?

How do we sometimes define “finish line” in inaccurate ways? How does this lead to frustration?

The writer to the Hebrews says to “run the race marked out for us”. It’s been said that much of our frustration stems from running another’s race! Remember to run the race

marked out for *you*, and not to try to run someone else’s course. *Tell God about an area in your life where you just want to quit. Ask Him for strength to go on! Pray for someone else who you suspect may be fatigued as well.*

Wednesday

Read a parallel passage to Hebrews 12: Hebrews 3:1,2. Our fourth point this past weekend was to *focus on the coach*. Jesus is of course more than a human coach or mentor-- but when He is your Lord, he is the Master to whom you submit, just as an athlete in training might submit to a master of his sport. Why do you suppose we don’t fully submit to Jesus when we know that he knows best?

What are you tempted to *fix your thoughts on* other than Christ?

___ My sin ___ My worries ___ My to-do list
___ My kids’ struggles ___ My job ___ Money
___ Pleasures ___ Resentments ___ Other:

What have you found effective for refocusing your thoughts on Christ?

Try this: Choose a brief passage from one of the four gospels at the beginning of the New Testament. Simply read it through 2 or 3 times. Take some time to reflect on what Jesus is like in that passage. Then pray to Him regarding what you observe about Him. This way your Scripture reading and prayer time is not focused on you alone, but on Christ! Try it daily!

Thursday

Happy Thanksgiving! Read this Psalm of thanksgiving today: Psalm 107. Spend some time writing down on another piece of paper things you’re thankful for in the following areas:

My God

My Church/Ministry

My Work

My Family

My County

Other:

Gibe thanks to God in prayer for the things you’ve written down!

Friday

Read Phil. 3:12-20. What does Paul say in these verses about his goal?

How are these verses similar to Hebrews 12:1,2?

What is it about heaven that you look forward to the most? How does that motivate you?

Thank God for His grace! Ask Him to remind you of the prize in heaven today!

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!