

The Amazing Race

RUNNING THE RACE OF LIFE

WEEK 4: DEFEATING BURNOUT (Heb. 12:1-2)

“...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... Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.” Hebr. 12:1-3

5 PRINCIPLES TO CONSIDER FROM THE LIFE OF CHRIST

1. Know who _____

And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” Matt. 3:17 (See Matt. 6:33)

2. Know what _____

The people ...tried to keep him from leaving them. But he said, “I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent.” Luke 4:42-43

3. Don't do it _____

Jesus appointed twelve --designating them apostles --that they might be with him and that he might send them out to preach. Mark 3:14

4. Make a habit of _____

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” Mark 6:31

5. Forgive _____

Jesus said, “Father, forgive them, for they do not know what they are doing.” Lk 23:34

When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. 1 Peter 2:23

But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. Matt. 5:44

DAILY MEDITATIONS

Brief daily Bible studies based on this week's message

This week's memory verse:

Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. Hebrews 12:3

Monday

Read Hebrews 12:1-3 again. The author to the Hebrews tells us to “Consider him (Jesus)... so that you will not grow weary and lose heart.” Write about what do you see when you “consider Jesus” that encourages you...

...about His love for you:

...about the way He lived His life:

...about the way He treated others around Him:

...about anything else you observe:

Thank God for these very specifically!

Tuesday

One of the main points of this Hebrews 12:1-3: Carry your commitments, including your commitments to Christ, through to the end. Read Luke 14:28-33. How do these verses support the main point of Hebrews 12:1-3?

Why do you think Jesus was making the Christian life seem so difficult in these verses?

How are His comments different from the way Christianity is sometimes presented today?

Ask God to help you persevere in your race of life through all the ups and downs.

Wednesday

As we saw in our study of Hebrews 12:1-3, we are strongly exhorted to fix our eyes on Jesus. How is this key endorsed in Moses' experience, according to Hebrews 11:24-27?

Read Matt. 14:22-31. In times of difficulty, what can occur when we take our eyes off Jesus? How does Peter's experience demonstrate that?

Kirkie Morrissey writes: “For me, looking at circumstances will inevitably cause me to sink. Now every time I become anxious, I ask myself, ‘Where are my eyes?’”

Spend some time relaxing in prayer and simply fixing your eyes on Jesus today.

Thursday

Keeping our eyes on Jesus frees us from the bondage of pleasing others. Read Matt. 26:6-13. How does Mary (Martha's sister) illustrate this? (Mary is identified as this woman in John 12:1-3).

As we pointed out in the messages this past weekend, one of the biggest snares for us in our race is caring what others think. We can be running the race, but our eyes are on the crowd in the stands to see if they're cheering rather than on our goal. To what degree do you struggle with this?

Why did the criticism of the observers not matter to Mary? Where were her eyes and her heart?

What commendation does Jesus give Mary in these verses? How does this encourage you in your race?

Spend some time just lavishing the perfume of praise on Jesus Christ in prayer right now. Think of ways you can make sacrifices this Christmas season that will honor Christ and advance His kingdom.

Friday

Read Philippians 3:13-14. Paul was very focused on his goals of spreading the gospel and becoming more like Jesus. Some helpful tips in keeping your eyes on Jesus are to write out some life goals reflecting your commitment to Christ-- and keep them where you will see them daily. What are your goals -- goals that will honor Christ and fulfill your life's race?

Where will you post these to help you keep focused?

What other steps can you take to help you stay focused on Christ and in the race?

Pray for these goals to be accomplished.

Saturday

Please spend some extra time today praying for each weekend in December-- that God will use all these services to bring people to Himself. Pray for those you want to invite. Ask God for the courage and enthusiasm to invite them to church. Thanks!

Some study questions today adapted from Kirkie Morrissey, *Fix Your Eyes On Jesus: Running the Race Marked Out for You*