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### PRAYER

LORD God, we thank you that we have lanes to run in, and that you have marked out the race for us to run. May we run life's race with endurance, excellence, and intentionality to give you praise! In Jesus' name, Amen.

### WARM UP

(OPTIONAL)

Whether running, driving, eating or otherwise, tell us about a time that you raced. How did you do in the race? Were you happy with the result?

### NOTES

## WORD

<sup>1</sup> Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

<sup>3</sup> Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

[Hebrews 12:1-3](#) (ESV)

<sup>24</sup> Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup> Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

<sup>26</sup> So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup> But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

[1 Corinthians 9:24-27](#) (ESV)

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (1 = very weak, 10 = very strong), how would you rate your ability to endure and function when the pressure is on, whether at work or at home?
2. Can you think of a time that you might have been tempted to “cut corners” or “cheat”? What happened?
3. 1 Corinthians 9:26 talks about not running aimlessly or boxing like you’re beating the air. In your life, do you feel like you are running without aim or hitting the target that God has set out for you?
4. Hebrews 12:1 talks about laying aside weight and sin which clings closely as you endure the race. Are there things that weigh you down, or even sin that clings to you, which causes you to struggle? Can we pray for you?

5. Are you weary or fainthearted right now because of circumstances you’re facing? Would you like the group to pray for you now?

## PRAYER LIST