

“Keep On Keeping On”

Proverbs 4:25-27

Let your eyes look straight ahead, fix your gaze directly before you. ²⁶ Make level paths for your feet and take only ways that are firm.

²⁷ Do not swerve to the right or the left; keep your foot from evil.

Hebrews 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. ² 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.

1. Life is not a sprint but a marathon. Sometime it feels like we are in the midst of a long relentless hill and there is a temptation to give up or just coast. But Hebrews calls us to keep “running” moving forward and to finish well. Is there a temptation to coast through your Christian life? Are you satisfy with where you are in your spiritual life, and is good enough good enough?
2. If you are to make a plan to “run” for Christ in your life, what are some things you can do to help you love Christ more, grow in faith, spiritually more mature, and love others better?
3. After you’ve listed out some ways that you can “run’ to win this race, what are somethings that are hindering you from carrying out your plan?
4. The list of things that hinders or ensnares you may be big or small, but do not give up. Pray for God to tear these thing down for you.
5. Why is it important for you to fix your eyes on Jesus in this race? How does this look like in your life?
6. We are surrounded by a “ great cloud of witness”. How has those who have ran before you and finished in their faith witnessed to you, and encouraged you to carry on?