

**When Did My Couch to 5K Become a Marathon?
(Running the Race You Never Expected to Run)**

Hebrews 12:1-2

_____—a state of being overwhelmed by constant, unrelenting pressures.

Hebrews 12:1-2

Surrounded by So Great a Cloud of _____—See Hebrews 11

They are not witnesses _____ but _____.

Examples:

To handle what is _____, look and see what's already _____.

How to Run our Best Race Ever—Some “Let Us’s...”

1. Lay Aside _____

A “weight” could be _____
_____.

Two Choices for Laying Aside Weights:

_____ or _____.

See Luke 18:22

2. Lay Aside _____ Which Clings So Closely

Sin—That which _____ us and causes us to _____ and brings _____ to ourselves and others.

*“To **put off your old self**, which belongs to your former manner of life and is corrupt through deceitful desires, and to **be renewed in the spirit** of your minds, and to **put on the new self**, created after the likeness of God in true righteousness and holiness.”*

Ephesians 4:22-24

3. Run with _____

Races are won because runners commit again and again to take the _____.

“Be joyful in hope, patient in affliction, persistent in prayer.” Romans 12:12

See Matthew 6:34

4. Run the Race that is _____

The one word you will never hear God say is
“_____.”

We must run our _____ and not worry about _____.

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Jeremiah 1:5

See Ephesians 2:10

5. Look to _____

What Should We Not to Focus On?

"But as for me, I will look to the LORD; I will wait for the God of my salvation. My God will hear me."

Micah 7:7

Our race may be difficult not because of our _____ but because of our _____.

To handle what is _____, determine wisely what to _____.

Why Stay Focused on Jesus?

He ran the _____.

1. He is the _____ of our faith.

"I am the Alpha and the Omega," says the Lord God, "who is and who was and who is to come, the Almighty."

Revelation 1:8

2. He Focused on the _____ Set Before Him

He knew that _____ would secure _____ for all time for all men.

See 1 Corinthians 15:57

What did this "joy set before Him" drive Him to do?

3. He _____ the Cross

“Endurance is not just the ability to bear a hard thing, but to turn it into _____.” William Barclay

“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.” 1 Peter 2:24

4. He _____ of the Cross

“Despised” means to _____.

See 1 Peter 2:23

“And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.” Philippians 2:8

5. He is Seated at the _____ of the Throne of God.

“Through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers having been subjected to him.”

1 Peter 3:21-22

To handle what is _____, remember who is _____.

Making It Personal

1. Who are examples of perseverance that can inspire you to press on?
2. What is the “marathon” that God has “set before you” right now?
3. What change of focus do you need as you run your race?
4. How did Jesus’ response to the cross change how you respond to running your race?
5. Who can you share these truths with who may be struggling as they run their race?