



RUNNING THE RACE "Pursue Through Pain"

Hebrews 12:1-3

January 10, 2020 AM Service

Step #1 Identify the Standard of Commitment

Step #2 Apply the Discipline of Conditioning

A. Building Spiritual Muscles. . .

1. Exercise yourself toward godliness

1 Timothy 4:7

2. Practice so your senses have been

Trained *Hebrews 5:12-14*

3. Discipline my body *1 Corinthians 9:27*

What are the ways to exercise, practice and discipline?

The Spiritual Disciplines . . . Time in God's Word, Prayer, Memorizing Scripture, Meditating, Fasting, Worship, etc.

Example: *Richard Foster's The Celebration of Discipline*

B. Losing Spiritual Baggage

1. Things that Hinder . . . Weights

A. Neutral Items, neither good nor bad

B. Issue: good verses best *Luke 10:41-42*

C. Question: Does it help or hinder my walk with Christ?

D. Whatever you do...for His glory *1 Cor.10:31*

2. Things that Halt . . . Sin

1 John 3:4; Hebrews 10:36; Numbers 3:23

A. Derail our walk

1 Peter 2:11; Romans 6:12

B. Destroy our testimony

C. Disqualify our service

The Good News Verse . . . 1 John 1:9 NASB

Isaiah 55:7

Our Response:

1. Where do you need to build your spiritual muscles? How?
2. Where do you need spiritual exercise? What things do you need to practice so your senses are trained? What do you need to do to discipline your body?
3. What are some of the neutral, or good things that can hinder our spiritual growth?
4. What are some things you need to let go of so you can pursue God's best for your life?
5. What are some of the sins you struggle with that halt your spiritual growth? What do you need to confess and repent of today? Name them specifically.