



**RUN THE RACE
MARKED OUT FOR YOU**

5

Hebrews 12:1 - 2 (NIV)



¹Therefore, 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.**

²Let 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.



Run With Endurance

i.e. with **Faithfulness**

and **Perseverance**



WHY?

Why Faithfulness and Perseverance?



Projects

Bills to Pay

Too Busy

Anxieties

Fear

Pressures at work

Working Long Hours

Stress

Serving in Ministry

Balancing Time

Work Pressures

Boss breathing
down my neck

Grandmother
Hospitalized

Losing
Weight

Children to
take Care of

Coping with
Pressure

To Finish
Well

No
Time

Too Many
Meetings

Busy,
Busy, Busy



i. We need to be faithful and
to persevere because we are
prone to **Discouragement.**



1. To be discouraged is to lose
Courage.

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Matthew 14:30

But when he [**Peter**] saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!”

Elijah - Jezebel

10 spies - Anakites

1. To be discouraged is to lose
Courage.



We lose courage when we lose

- a. Faith
- b. Passion and Zeal for life and ministry
- c. Our Energy level leaks
- d. Our Confidence erodes - [cam-chl]



2. The solution to discouragement is to build Faith.

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is to build **Faith**.



Joshua 1:6 - 9 - **Moses' counsel to Joshua**

⁶**Be strong** and of **good courage** ...

⁷Only **be strong** and **very courageous** ...

⁹... **Be strong** and of **good courage**

2. The solution to discouragement
is to build **Faith**.



2 Timothy 1:7 - **Paul's counsel to Timothy**

For God did not give us a **spirit of timidity**,

but a spirit of power,

of love and of self-discipline.

2. The solution to discouragement is to build **Faith**.



To build faith means we are to :

- build courage
- build spiritual strength
- build emotional capacity
- deepen our walk with God
- be connected to the flow of life and courage

How?

A large, bright yellow question mark icon with a black outline, positioned to the right of the word 'How?'. The question mark is stylized and has a slight shadow effect.

2. The solution to discouragement is to build Faith.



Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it.

For then you will make your way prosperous, and then you will have good success.

2. The solution to discouragement
is to build **Faith**.



Romans 10:17a

So then faith comes by hearing [the Word] ...

WORD Intake



ii. We need to be faithful and
to persevere because we are
prone to **Distractions**.



1. Distractions occur when we **Lose** focus and concentration.

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This happens when we:-

compare

envy

are jealous

are offended

hurt by some remarks

not thought through life

upset by some circumstances that
did NOT go the way we WANTED

emotional
conflicts

not settled down

no priorities

wrong perspectives

given to tyranny of the urgent

love \$\$



2. The solution to distractions is to learn to **fix** our eyes on **Jesus**, the perfecter - finisher of our **Faith**.



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Hebrews 12:2 (NIV)

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.



2. The solution to distractions is to learn to fix our eyes on Jesus, the perfecter - finisher of our Faith.

2 Corinthians 3:18

But we all, with unveiled face,
beholding as in a mirror the glory of the Lord,
are being transformed into the same image
from glory to glory,
just as by the Spirit of the Lord.



2. The solution to distractions is to learn to fix our eyes on Jesus, the perfecter - finisher of our Faith.

1 John 2:15 - 16

¹⁵Do not love the world or the things in the world.

If anyone loves the world,

the love of the Father is not in him.

¹⁶For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.



III. We need to be faithful and
to persevere because we are
prone to **Doubts**.



1. Doubts mean we are **Unsure** about our calling, the Promises / Word of God and the Holy Spirit's leading.

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There are doubts when:-

we are tossed to and fro by
the opinion of others

we are financially
strapped

we are shaken off
the direction we are heading

we fall
sick

a loved-one is unwell and we
become the care-giver

accident
happens

1. Doubts mean we are Unsure about our calling, the Promises / Word of God and the Holy Spirit's leading.

There are doubts when:-

we lack conviction

we waver

hesitation

shaky

we are not sure

there is a lack of confidence

there is some unbelief

holding back

there is uncertainty

double-mindedness

Thomas



1. Doubts mean we are **Unsure** about our calling, the Promises / Word of God and the Holy Spirit's leading.

There are doubts when the baggage in our lives are not removed / sorted out:-

- a. **Unhealed Hurts**
- b. **Unmet Needs**
- c. **Unresolved Issues**
- d. **Un-dealt Consequences of Generational Iniquity**



2. The solution to doubt is to make our calling and election **Sure**.

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2 Peter 1:10

Therefore, my brothers,
be all the more eager **to make your calling
and election sure.**

For if you do these things, you will **never fall**

Practical Applications:-



A. Develop a good sense of the **Purpose** of your life.

i. You must know the purpose for you as a **Person**.

- significant - deeply loved by God - special
- to be wholesome - spirit - soul - body
- saved, free - no bondages - healthy

Practical Applications:-



A. Develop a good sense of the **Purpose** of your life.

i. You must know the purpose for you as a **Person**.

victorious - successful - prosperous
[no lack]

purposeful - knows where you are going

Practical Applications:-



A. Develop a good sense of the **Purpose** of your life.

ii. You must know your purpose in marriage:-

- as a **Spouse** - to be a godly person and spouse.

iii. Your purpose in the family:-

- as a **Parent** - to raise godly offspring.

Practical Applications:-



- A. Develop a good sense of the **Purpose** of your life.
 - iv. Your purpose for **Your Job**.
 - bread and butter, fulfillment, salt and light

Practical Applications:-



- A. Develop a good sense of the **Purpose** of your life.
- v. Your purpose for your relationship with **God**.
- ❑ Our Source of **Life** - John 6:63
 - ❑ Spiritual Disciplines to build **Faith**.

Practical Applications:-



- A. Develop a good sense of the **Purpose** of your life.
- v. Your purpose for your relationship with **God**.
 - ❑ Be in a CG for our journey in **Discipleship**.
 - ❑ Move from information to **Transformation**.

Practical Applications:-



- A. Develop a good sense of the **Purpose** of your life.
 - vi. Your purpose for each **Relationship** in your life.
 - vii. Your purpose for each **Activity** and **Event**.

Practical Applications:-



A. Develop a good sense of the **Purpose** of your life.

viii. Your purpose to be **Healthy** and strong.

xi. Your purpose for **Financial** freedom.

Practical Applications:-



B. You must Plan.

If we fail to plan, we plan to fail.

Luke 14:28

For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it— ...

Practical Applications:-



B. You must Plan.

Planning is Thinking through:-

- i. The Issues of each aspect of our purpose.
- ii. The Implications i.e. the outcome and the consequences.
- iii. The planning takes into account the Season you are in and the Time-Lines for each plan and goal.



IV. We need to be faithful and
to persevere because we may be
prone to **Disappointments**
with people.



1. Disappointment with people happens when:-
 - our expectations of them are not met
disciples in boat, M & M re Lazarus
 - we wrongly put them on a pedestal;
 - sub-consciously, we expected them to be like God;
 - we make ourselves vulnerable to be offended and hurt.



2. The solution to disappointment with people is to develop and build a close **community** of believers in whom you can do A & C and P & C.

A & C = **Accountability & Covering**

P & C = **Praying & Communicating**

Summary



We need to run our race with endurance because we are prone to

- I. **Discouragement** - Build faith
- II. **Distractions** - Fix our eyes on Jesus
- III. **Doubts** - Make calling and election sure
- IV. **Disappointments** - Build close community

Summary



The **ROOT** of :

- discouragement
- distractions
- doubt
- disappointment

is the **SIN** (NATURE) in us that entangles and the **WEIGHT & BAGGAGE** that hinders.

Deal with them - otherwise **DISQUALIFIED!**

1 Corinthians 9:24 - 27

Conclusion

- Faithfulness & Perseverance



Hebrews 6:12 (NKJV)

that you do not become sluggish,
but imitate those who through faith and
patience - perseverance - endurance
inherit the promises.