

Sticktoitiveness (part 1)

How To Keep Running When You Feel Like Giving Up

1 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. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. (NIV)

1. Know _____ (v.1c)

2. Don't _____ (v.1b)

3. Remember _____ (v.1a)

Application Questions

These questions are provided for your further study and application of today's message. It is recommended that you take time this week to write out your response to each of these questions. This will help to drive home the point of today's message and will help you to apply the principles to your life situation. These questions are also used as the basis of discussion for many of our small group studies that meet throughout the week.

1. How spiritually "weary" would you say you have been lately? Rate your spiritual stamina.

What areas of your life currently demand large quantities of *hupomone*? In what situations have you been tempted to "give up"?

In what ways have you handled those temptations poorly and how has your lack of perseverance injured others?

2. What things in your life that you might have previously considered "benign" (not sinful in and of themselves) do you now suspect may in fact be a hindrance to you running the race that God has marked out for you? Thoughtfully consider things that fall into the following categories.

- *My Possessions:*

- *My Schedule:*

- *My Recreation & Entertainment:*

- *My Relationships:*

3. What is the sin that "so easily entangles" you?

What do you think is at stake if this sin progresses and continues to trip you up?

Are you accountable in this area of your life? Who knows about it? Who else could you confide in that could help you overcome this problem?

Besides regular and consistent accountability, what do you think needs to be done to rid your life of this recurring sin?

4. Whose Christian life inspires you to "keep running" when you feel like giving up? Why?