

MARATHON

Pastor Ryan O'Neill | March 17, 2019

Lace Up

Scripture: Hebrews 12:1; 11:4 (NLT)

This race is our Christian Life.

PRE-RACE PREPARATION

First, you need a training program.

- Slowly work up the endurance.
- Stop to rest.
- Strip off the weight.

RUNNING THE RACE

The race is marked out for us.

FOCUS ON THE FINISH

We need to live with a Marathon Mindset.

- Our goal is the finish line.
- Everything hinges on that!

HOMEGROUP & PERSONAL STUDY QUESTIONS

Scripture: Hebrews 12:1; 11:4 (NLT)

"... And let us run with endurance the race God has set before us..."

1. Thinking about your Christian journey as a race, what thoughts come to your mind?
2. Do you consider your Christian journey as a sprint, cross-country, or a marathon? Do you consider your journey an individual race or a relay? In what ways might your journey be yes to all the options above?
3. Do you think training is necessary for a race? What about training for your Christian journey? Can you describe the most important elements of your training?
4. If your Christian journey is in some ways a marathon, how do you build up the endurance necessary to persevere? Do you train yourself or would you prefer a coach? Who would your coach be?
5. Pastor Ryan said the race is marked out for us? What does your race look like? Who has marked out your race? What is your finish line? Are there any areas of your life that you believe have little or no impact on your Christian journey (physical, mental, intellectual, emotional, relationships, vocation, spiritual)? Please explain your reasoning.