

*Running The Race*

*Living the Liturgical Year*

**Hebrews 12:1-2**

**EXPLORING THE SERMON**

- \* What did you hear?
- \* What did you think or feel about what you heard?
- \* What is one thing you can take away from the sermon this week?

**KEY VERSES**

*Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls! (The Message)*

**REFLECTION**

In this passage, Paul uses the analogy of a race to help us understand the importance of preparation. We can't expect things to go well in any aspect of our lives unless we have taken the time to prepare.

**As we enter into this fall season, let's take account of our lives to see if we're building the right habits:**

- \* What kind of life do I want to live?
- \* Do my current habits contribute to the things of the gospel such as joy, peace, love, and justice?

Consider the example of Jesus that Paul so clearly provides us in this passage: *Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed. (The Message)* No sooner had Jesus pleaded with God to take the cup from him than he acquiesced to his Father's will. **How would you describe the kind of joy that comes with living with this kind of purpose?**

The very words recited by Jesus in the Lord's Prayer prompt us also to live out the will of the Father. When we study the habits that formed and shaped Jesus as he lived into his purpose, we too can come alive in our hearts and souls as we train for the race set out for us. **What habits of solitude, community, and service can train you toward more growth and joy this fall?**

[See Covenant's Fall guide for further exploration.](#)