

TITLE AND NUMBER: 93. Keep going

REFERENCE AND KEY VERSE(S): Hebrews 12:1-2



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, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy that was set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

LOOKING FURTHER: John 1:14 , John 3:16-17, 1 John 2:1

What does this Bible passage tell us?

We are encouraged to keep going, to throw off everything that might be stopping us from growing in faith, to turn away from sin and all that harms us and others. A good friend of mine often prays that God will help her to remove any obstacles which are blocking her from being the person God would like her to be. These obstacles may be different at different times, perhaps tiredness, resentment, disappointment or anxiety. Try praying this prayer yourself – it can really help.

This Bible passage describes our life of faith as a race. It is not a sprint but a marathon. A marathon where we keep going - even when it gets hard - to follow the example that Jesus gave us. Jesus lived on earth, was tired and hungry, had compassion for those who were ill and in need and was sad when His friend died. He was tempted as we are, but did not sin.

As we read about Jesus, we understand more of what God is calling us to be and to do. Jesus shows us how to live. He lived in love and faith with God, His Father, and was filled with the Holy Spirit.

Jesus reconciled us to God by His death on the cross and was raised by God's power. He is at the right hand of God. Jesus prays for us and gives us the gift of the Holy Spirit to help us. Let's keep going!

Reflections:

- Thank God for the encouragement to keep going. If you are facing obstacles, ask for God's help with them.
- Jesus calls us to show compassion and to help others. Is there anyone on your wing or in your family who you could help this week?
- You may find that it helps to have daily Bible notes and reflections or to listen to Daily Hope. Could you encourage someone else to try them? Please talk to chaplaincy if you would like Bible notes.

Write or draw something you read in this Bible Study that stood out to you.



KEEP GOING

Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

