



A BETTER WAY—4 LIVING A DISTRACTED LIFE?

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 ... Hebrews 12:1 NIV

1. **We throw off everything that hinders.**
2. **We run with perseverance.**

No discipline seems pleasant at the time, **but painful**. Later on, however, it produces a harvest of **righteousness and peace for those who have been trained by it**.¹² Therefore, strengthen your feeble arms and weak knees.¹³ “Make level paths for your feet,” so that the lame may not be disabled but rather healed.

Hebrews 12:11-13 NIV

When you’re tempted to stop, remember why you started.

We fix our eyes on Jesus.

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**fixing our eyes on Jesus, the pioneer and perfecter of faith**. ...

Hebrews 12:1-2 NIV

“What do you want me to do for you?” he asked.

³⁷They replied, “**Let one of us sit at your right and the other at your left in your glory**.”

Mark 10:36-37 NIV

But Peter insisted emphatically, “**Even if I have to die with you, I will never disown you**.” And all the others said the same. Mark 14:31 NIV

... “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

Mark 8:34 NIV

A certain man from Cyrene, **Simon** ... was passing by on his way in from the country, and **they forced him to carry the cross**. Mark 15:21 NIV

It was nine in the morning when they crucified him.²⁶ The written notice of the charge against him read: **THE KING OF THE JEWS**.²⁷ They crucified **two rebels** with him, **one on his right and one on his left**. Mark 15:25-27 NIV

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**fixing our eyes on Jesus, the pioneer and perfecter of faith**. For the joy set before him he 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 sinners, so that you will not grow weary and lose heart.

Hebrews 12:1-3 NIV

TALK IT OVER

What are some good things that might be holding you back from experiencing greater things?

Perseverance isn’t easy, and discipline is painful. How will you remember why you started pursuing God’s mission when you’re tempted to stop?

Share about a time when your eyes were not fixed on Jesus. How did your life compare to when you do have your eyes fixed on Jesus?

