

MOVING FORWARD

faithfully
UA SIAB NCAJ NCEES NTSEEG MUS

ERNEST SHAKLINGTON



MOVING FORWARD FAITHFULLY | **COMPASSION CHAPEL** | MAY 17, 2026

THE BOOK OF

HEBREWS

HEBREWS | HENPLAIS 12:1 (GNT)

As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.

Peb twb muaj cov timkhawv coob-coob nyob puagncig peb lawm, yogli ntawd, cia peb muab txhua yam uas thaiv peb kev thiab tej kev txhaum uas tuav peb ruaj-ruaj cia ntawd povtseg, thiab cia peb rausiab ntso rau txoj kev sibtw khiav uas tau kom tseg nyob tom peb hauvntej lawm.

MOVING FORWARD FAITHFULLY

UA SIAB NCAJ NCEES NTSEEG MUS

1

Remember who ran before you

Nco txog cov uas ua koj ntej

2

Remove what slows you down

Rhuav tshem yam uas rub koj qab

3

Run with endurance

Khiav nrog lub siab ntev

I. REMEMBER WHO RAN BEFORE YOU

“As for us, we have this **large crowd of witnesses** around us...”

*Peb twb muaj cov **timkhawv coob-coob** peb lawm,*

- **Abraham walked by faith** | *Anplahas taug kev los ntawm kev ntseeg*
- **Moses obeyed by faith** | *Mauxes mloog lus los ntawm kev ntseeg*
- **Rahab believed by faith** | *Lahaj ntseeg los ntawm kev ntseeg*
- **David fought by faith** | *Daviv tau tawm tsam los ntawm kev ntseeg*

I. REMEMBER WHO RAN BEFORE YOU

THEY

refused

TO STOP TRUSTING GOD

LAWV TSIS KAM TSO TSEG KEV NTSEEG VAJTSWV

I. REMEMBER WHO RAN BEFORE YOU

Not just by talking about revival –
but by pursuing revival.

Not just by attending church –
but by becoming disciples of Jesus

Not just by remembering sacrifice –
but by living faithfully ourselves

2. REMOVE WHAT SLOWS YOU DOWN

“Let us rid ourselves of everything that gets in the way...”

cia peb muab txhua yam uas thairv peb kev povtseg

2. REMOVE WHAT SLOWS YOU DOWN

Some people are spiritually exhausted because they are trying to run while carrying things **God never intended them to carry.**

*Ib txhia neeg qaug zog sab ntsuj plig vim tias lawv mus nqa tej yam uas **Vajtswv tsis pom zoo nqa***

2. REMOVE WHAT SLOWS YOU DOWN

“Let us rid ourselves of everything that gets in the way and of the **sin** which **holds on to us so tightly**.”

*cia peb muab txhua yam uas thav peb kev **thiab tej kev txhaum** uas **tuav peb ruaj-ruaj** cia ntawd povtseg*

2. REMOVE WHAT SLOWS YOU DOWN

- **Sin traps people.** | *Kev txhaum cuab ntxiab tau tib neeg.*
- **Sin drains strength.** | *Kev txhaum nqu lub zog.*
- **Sin clouds vision.** | *Kev txhaum ua rau tsaus muag.*
- **Sin weakens spiritual momentum.** | *Kev txhaum txo sab ntsuj plig qaug zog.*

3. RUN WITH ENDURANCE

“let us run with **determination** the race that lies before us. ...”

*cia peb **rausiab ntso** rau txoj kev sibtw khiav uas tau kom tseg nyob tom peb hauvntej lawm.*

3. RUN WITH ENDURANCE

DETERMINATION | RUAJ SIAB NTSO

Ἐπιμονή (*ὑπομονή*) means “**to remain under**”

It is a faith that **refuses** to stop.
It is about **refusing** to turn back.

3. RUN WITH ENDURANCE

HEBREWS 12:2 - "Let us keep our eyes **fixed on Jesus**"

*Cia peb tsa qhovmuag **ntsiantsoov Yexus***

problems & people

TEEB MEEM & TIB NEEG

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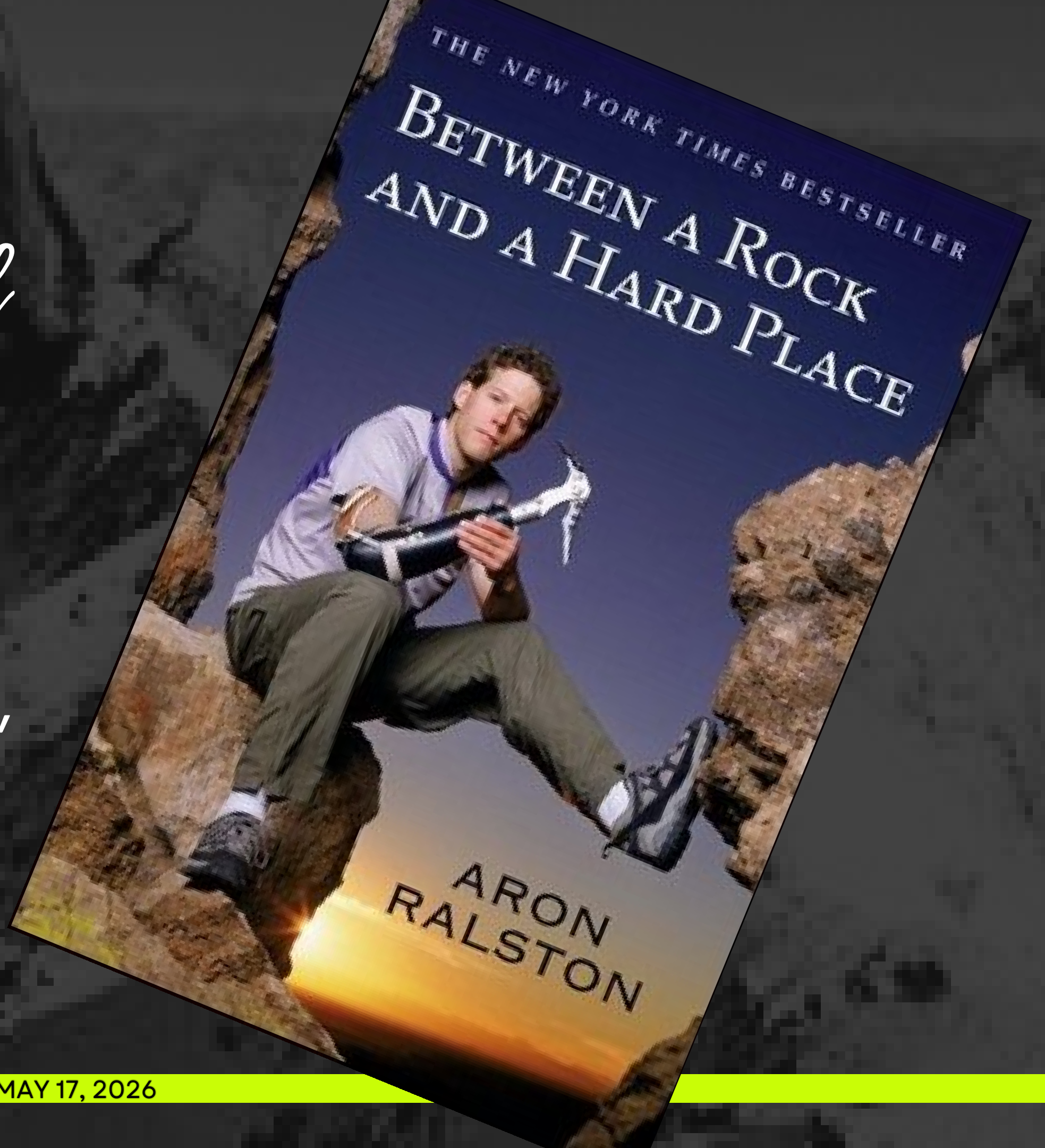
3

Run with endurance

Khiav nrog lub siab ntev

"If I stay trapped here, I will die."

"Yog kuv nyob hauv **qhov ntxiab** no, kuv yuav tuag."



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