

## 1 HIT WONDERS, PART 12: "SHAKE IT OFF"

Pastor Luke Uran, August 25, 2019



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# SERMON NOTES AND SCRIPTURE

### 1) Get rid of your burdens.

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)

### 2) Fix your eyes on Jesus.

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.

-Hebrews 12:2 (NIV)

### 3) Shift your perspective.

3 Consider [think about] him who endured such opposition from sinners, so that you will not grow weary and lose heart.

-Hebrews 12:3 (NIV)

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## GROUP DISCUSSION

**Are you a runner? Why or why not? What does it take to be a good runner?**

**In what ways has endurance played into your Christian walk?**

**Where would you be in your walk with God if you had not endured?**

**In what ways does verse 2 encourage you about Jesus' role in your life?**

**What is God calling me to shift my perspective on in my life?**

**Is there anything that is hindering me that I need to throw off?**