

Jesus is Better

BOOK OF HEBREWS

Hebrews 12:1-2

[1] Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, [2] looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

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1 Corinthians 9:24-27

[24] Do you not know that in a race all the runners **run**, but only one receives the prize? So **run** that you may obtain it. [25] Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. [26] So I do not **run** aimlessly; I do not box as one beating the air. [27] But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

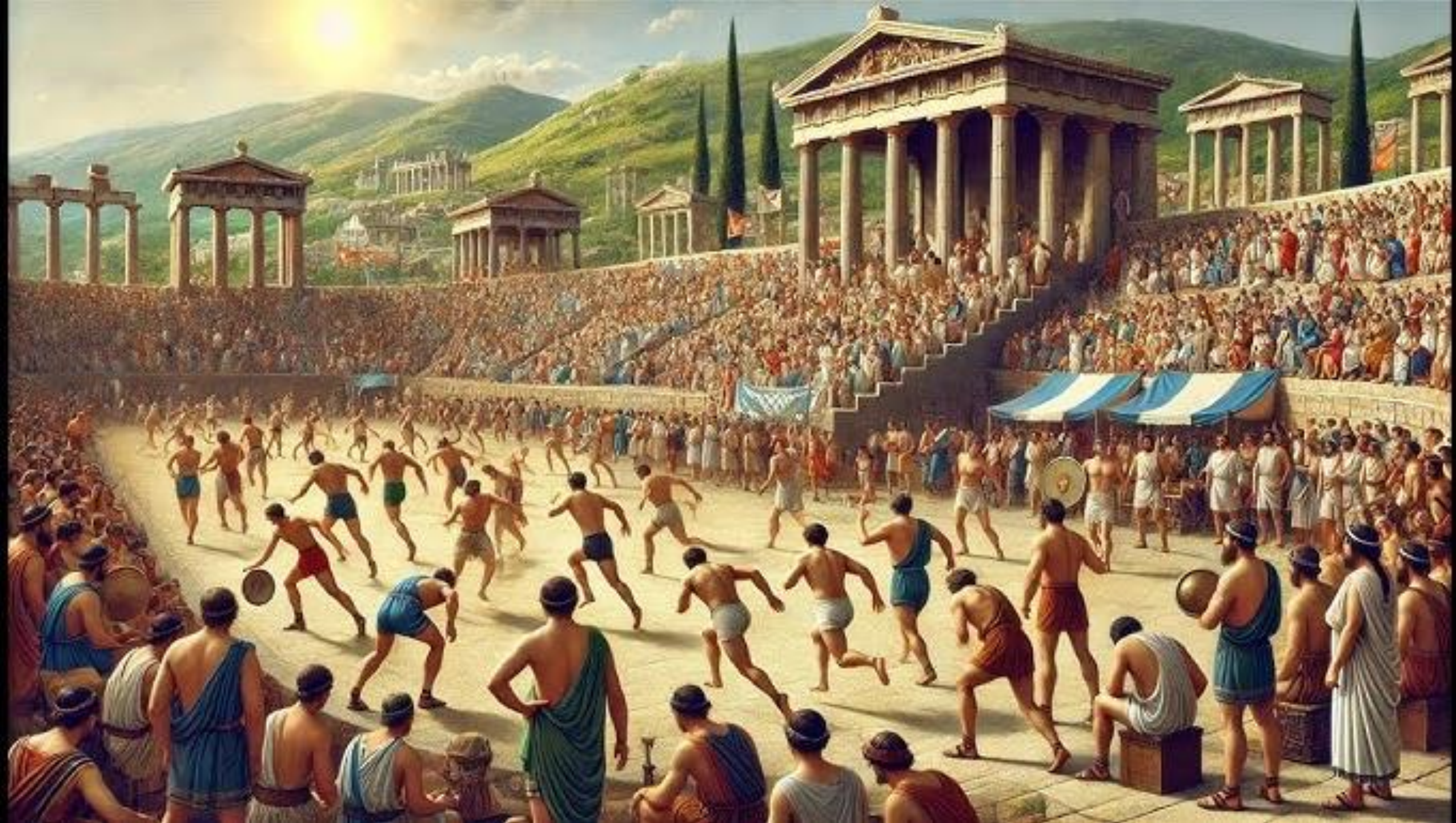


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**LAY ASIDE
EVERY
WEIGHT & SIN**



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“In sport, particularly long-distance running, the placement of one’s vision makes a considerable difference. Looking at a close point will result in dizziness and imbalance, and looking too far away makes the road seem impossibly long. A midway distance offers the right perspective, and that is easiest to maintain if a runner has a person on whom to set their vision. Often runners are given the mental trick of fixing their sight on a person in that appropriate distance and imagining that they are attached to that person by a rope that pulls them along. That person’s momentum becomes one’s own.”

(Amy Peeler, Hebrews, p. 365-366)

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How is your race going?

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