

A close-up, low-angle shot of a person's legs and feet as they run up a set of wide, light-colored concrete stairs. The person is wearing dark-colored athletic shoes with white accents. The background shows a white metal railing with decorative balusters. The scene is brightly lit, suggesting a sunny day outdoors.

IN THE RUN

Unweighted and Undistracted

HEBREWS 12:1-2 VOICE

[1] So since we stand surrounded by all those who have gone before, an enormous cloud of witnesses, let us drop every extra weight, every sin that clings to us and slackens our pace, and let us run with endurance the long race set before us.

[2] Now stay focused on Jesus, who designed and perfected our faith. He endured the cross and ignored the shame of that death because He focused on the joy that was set before Him; and now He is seated beside God on the throne, a place of honor.



MATTHEW 14:23 VOICE

[1] Then, after the crowd had gone, Jesus went up to a mountaintop alone (as He had intended from the start). As evening descended, He stood alone on the mountain, praying.



1 CORINTHIANS 15:33-34 NIV

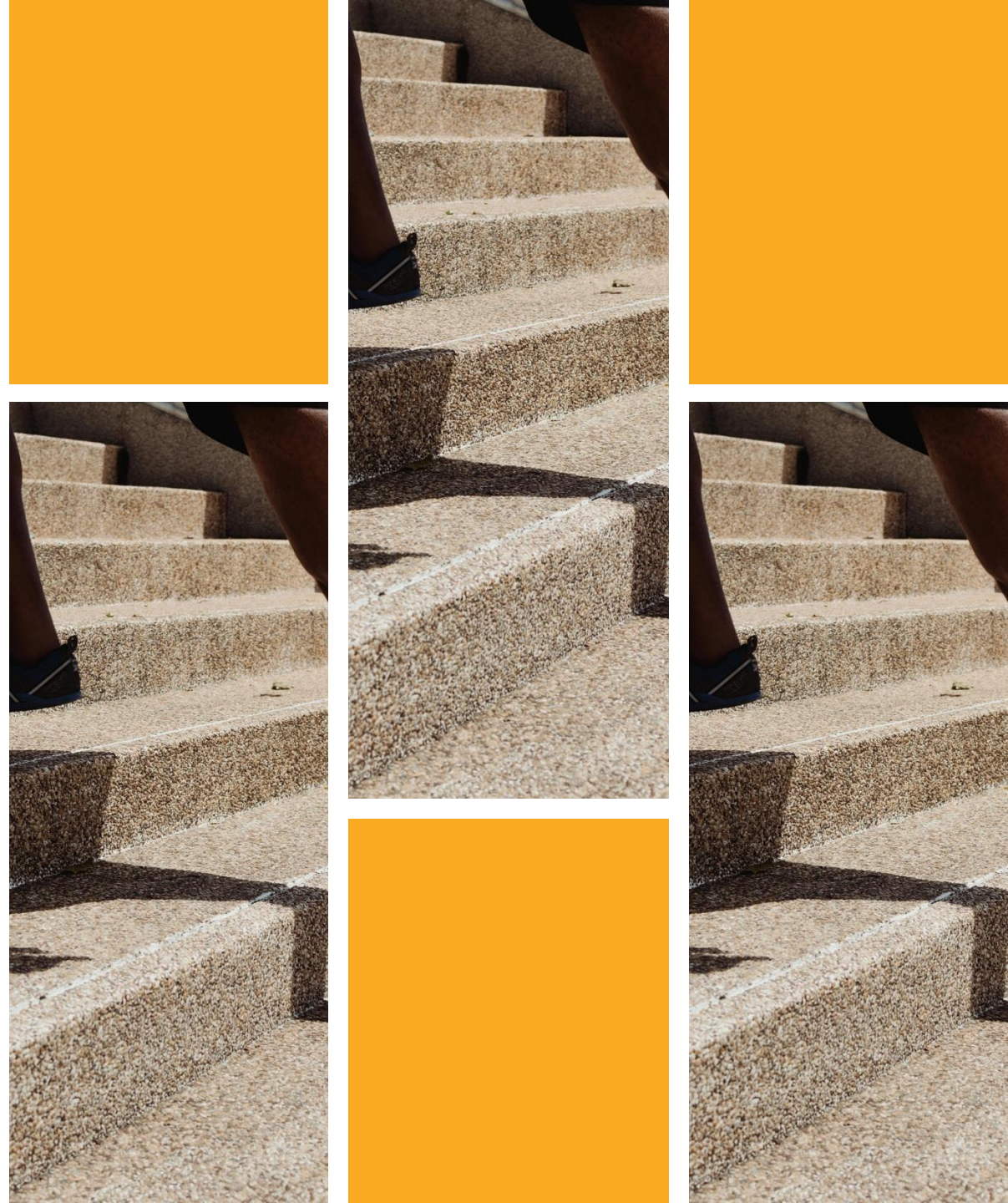
[33] Do not be misled: “Bad company corrupts good character.”

[34] Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.

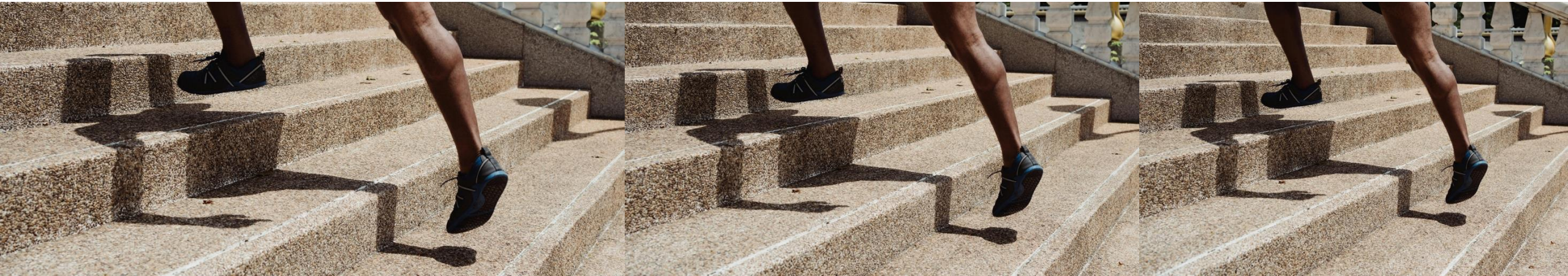


Family is designed by God as a support system

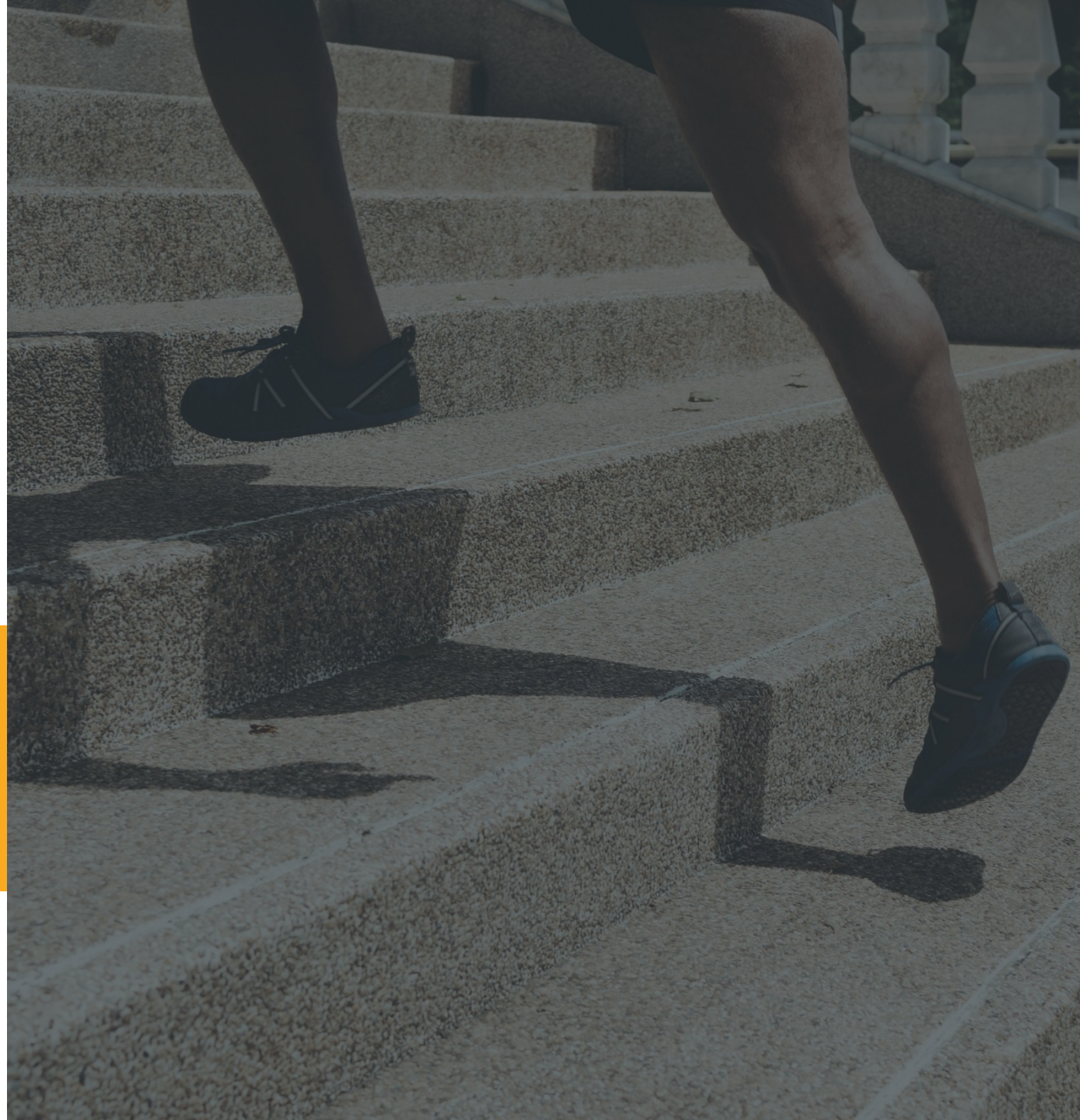
- **Identity formation**
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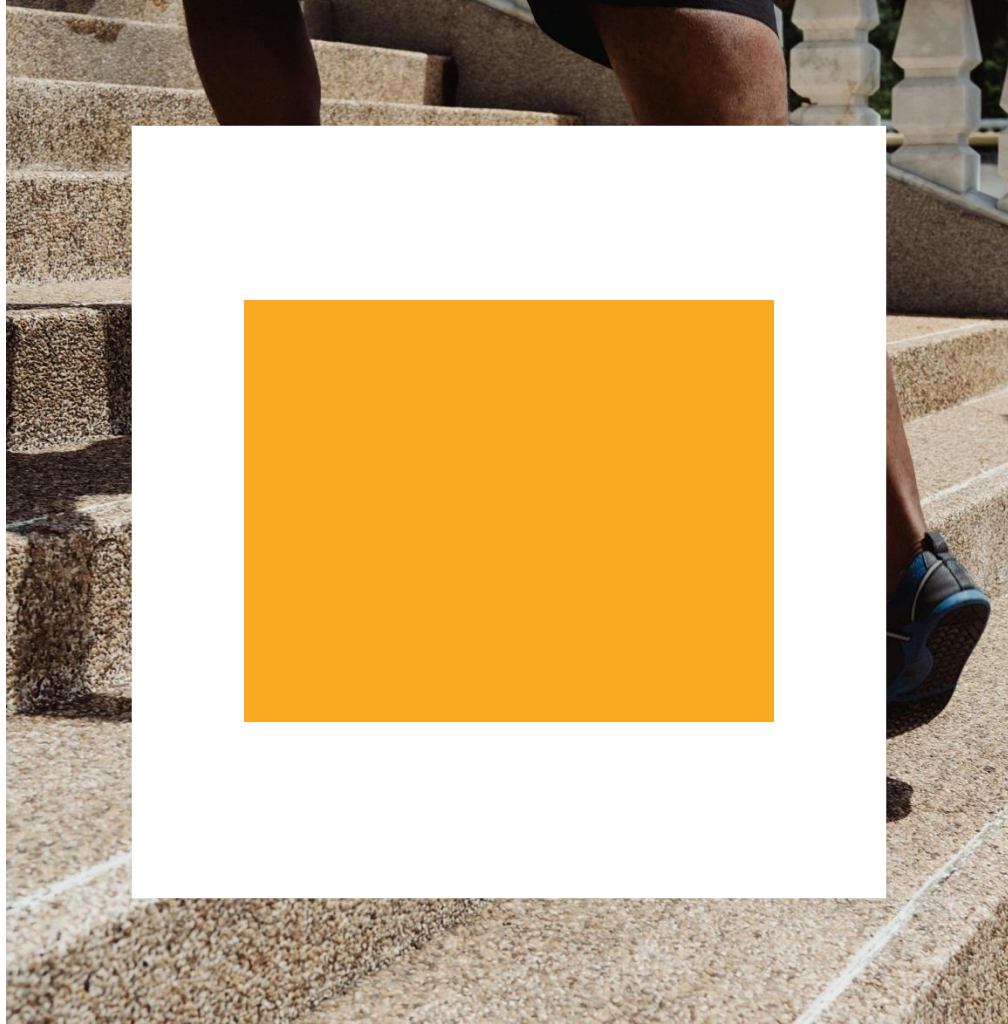


BOUNDARIES ARE IMPORTANT! Where there are boundaries, you better believe, there will be battles!



**Boundaries are
about borders!
Wars are fought
over borders.**





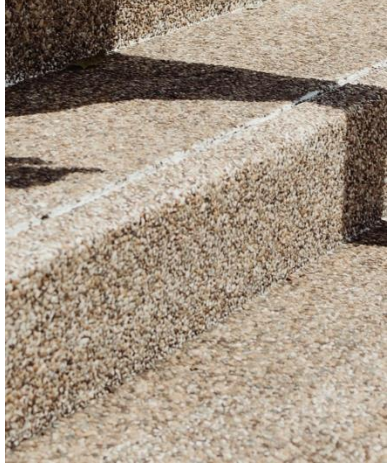
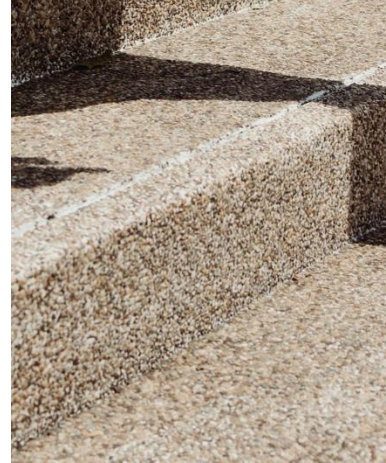
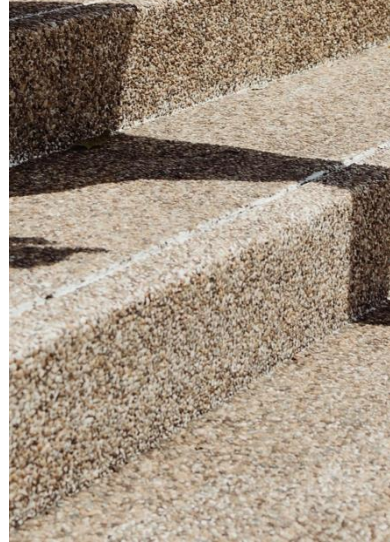
Family does not mean keeping secrets, walking on eggshells, lying to keep the peace, pretending others are healthy when they are not, tip toeing around the truth, defending unhealthy choices, engaging in toxic behavior, remaining loyal to old/destructive patterns, or sacrificing my needs in an attempt to fix or save others.

PROVERBS 27:17 KJV

[17] Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.



**Reference points
serve as markers.**



I CHRONICLES 4:10 KJV

[10] And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.



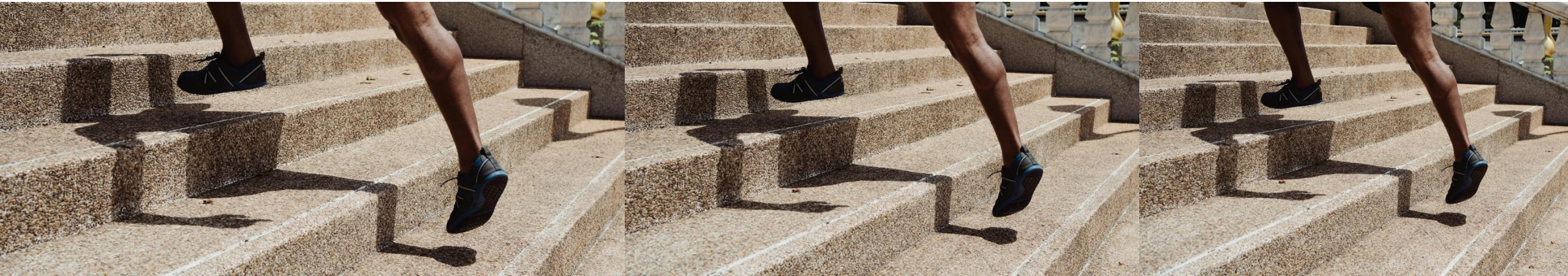
JOHN 13:35 KJV

[35] By this shall all men know that ye are my disciples, if ye have love one to another.



Individual Tribalism

Us Against You for me really!



JAMES 1:27 KJV

[27] Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.



DEUTERONOMY 10:18 NIV

[18] He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing.



ZECHARIAH 7:9-10 NIV

[9] “This is what the LORD Almighty said: ‘Administer true justice; show mercy and compassion to one another.

[10] Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.



**Refuel, Refresh,
Replenish
yourself!**

