



Easiest way to drop Sin & Distractions

1. Temper
2. TV
3. Lust
4. Money stress
5. Cynical about Life
6. Marriage Tension
7. Prayerlessness
8. Exhausting Schedules
9. Spiritual Apathy
10. Troubling Kids



11. Eating Habits
12. Bored
13. Fear / Worry
14. Lonely
15. Job Pressures
16. Stubborn
17. Do not trust people
18. Selfish
19. Not studying God's Word
20. Feelings of Failure, Depression

Tired or Discouraged

I Cor. 9:24 You know that one of them wins the prize.

many runners enter a race, and only
So RUN to WIN!

Heb. 12:1 Therefore since we are WITNESSES, let us THROW OFF SIN that so EASILY ENTANGLES the race MARKED OUT for US.

surrounded by such a great cloud of EVERYTHING that HINDERS and the and let us RUN with perseverance