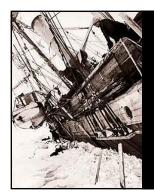


Λ

Heb	rews 10		
that	The second secon	ave done	ndurance, so the will of God romised.

5

## hupŏmŏnē, hoop-om-on-ay'; from word that means cheerful (or hopeful), endurance, constancy (waiting). In Classical Greek it described the ability of a plant to thrive in a harsh environment, it was used to refer to 'spiritual staying power'



#### The Endurance

The three-masted polar exploration ship in which Sir Ernest Shackleton and a crew of 27 men (and one cat) sailed for Antarctica 1914-1917

7



8

### Endurance Keeps Us going

Courage helps us move forward in the face of danger, and endurance empowers us to keep going in times of relentless opposition.

Revelation 14	
<sup>6</sup> Then I saw another angel flying directly overhead, with an eternal	
gospel to proclaim to those who dwell on earth, to every nation and tribe and	
language and people.	

# Revelation 14 <sup>7</sup> And he said with a loud voice, "Fear God and give him glory, because the hour of his judgment has come, and worship him who made heaven and earth, the sea and the springs of water."

11

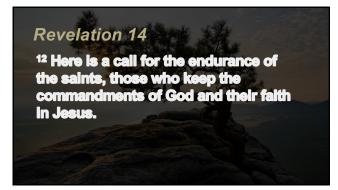
# Revelation 14 \* Another angel, a second, followed, saying, "Fallen, fallen is Babylon the great, she who made all nations drink the wine of the passion of her sexual immorality."

Revelation 14	
<sup>9</sup> And another angel, a third, followed them, saying with a loud voice, "if anyone worships the beast and its	
image and receives a mark on his forehead or on his hand,	

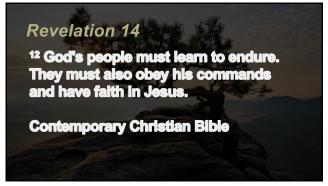
### Revelation 14 10 he also will drink the wine of God's wrath, poured full strength into the cup of his anger, and he will be tormented with fire and sulfur in the presence of the holy angels and in the presence of the Lamb.

14

## Revelation 14 11 And the smoke of their torment goes up forever and ever, and they have no rest, day or night, these worshipers of the beast and its image, and whoever receives the mark of its name."







1 4 0	1/1-	W. 44
Last Day	vs Ivia	ratnon

The Last Days is not a 100-yard dash; it's a marathon. It takes more than education, it takes rigorous training where the runner works to be able to run the full 26.2 miles. No one starts running a full marathon. They start running a few miles and then increase their endurance by daily disciplined training.

19

Effort	Type
10%	Unknown Information
90%	Rigorous and Disciplined Practice of Known Information

20

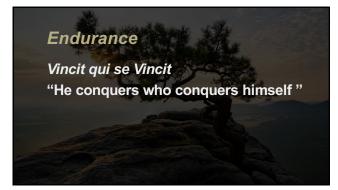
#### 1 Corinthians 9

<sup>24</sup> 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. <sup>25</sup> Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

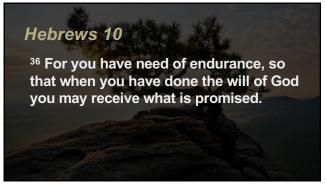
1	Corinthians 9
1	<sup>26</sup> So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup> But I discipline my body and keep it under control, lest
•	after preaching to others I myself should be disqualified.

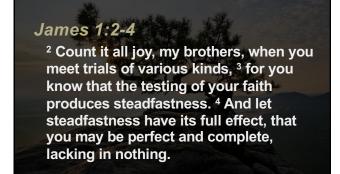
	What is not the best of the state of the sta
1	Corinthians 9
	<sup>25</sup> Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an
	imperishable.

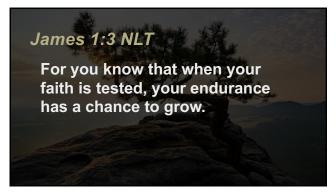
# Prayer Lord, Help me to grow in endurance so that I'm ready for the future challenges in these Last Days. I want to be part of the end time church and give you glory in everything I do. In Jesus' name. Amen



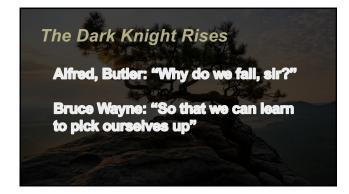








1. able to become strong, healthy, or successful again after something bad happens
2. able to return to an original shape after being pulled, stretched, pressed, bent



### Resilience is a set of practices

Endurance is built by persevering through trials.

Resilience is a set of practices that enables us to continue to build endurance through the inevitable setbacks.

32

#### Hebrews 12:1-2

<sup>1</sup> 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,

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<sup>2</sup> 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.

34

### Hebrews 10

But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings,
 sometimes being publicly exposed to reproach and affliction, and sometimes being partners with those so treated.

35

#### Hebrews 10

For you had compassion on those in prison, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one.
 Therefore do not throw away your confidence, which has a great reward.

