

BIBLE PLAN

MID-YEAR RESET

DAY FOUR: REMOVE DAILY DISTRACTIONS

"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, 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 12:1-2 NIV**

The author of Hebrews uses the powerful imagery of an ancient athletic stadium to describe the Christian life. We are pictured as runners in a marathon, cheered on by a "great cloud of witnesses"—the heroes of faith who have already completed their own earthly journeys.

To run well, an athlete shouldn't wear heavy winter coats or carry extra baggage; they should leave those things behind. **The Scripture commands us to do the same spiritually by leaving behind two distinct things: sin (which trips us up and traps us) and hindrances (weights or distractions that might not be sinful per se, but still slow us down).**

Finally, the text gives us the ultimate strategy for endurance: keeping our eyes locked onto Jesus. **He isn't just waiting at the finish line; He is the One who paved the track, ran it perfectly ahead of us, and now sustains us through every step.**

Life has a way of accumulating extra weight. If we aren't intentional, we can easily find ourselves spiritually exhausted, trying to run our race while carrying the heavy baggage of worry, digital noise, overcommitment, or the constant pursuit of worldly comfort. These daily distractions might not always look like "bad" things, but if they consume our time, energy, and focus, they become weights that keep us from moving forward with God.

Have you ever run out of available storage on your phone? Unless you free up space by, for example, reviewing all your attachments, the clutter can keep you from getting an important update, which can expose vulnerabilities in your operating system or cause you to miss out on cool new features. Your phone may not run the way it is supposed to. Sometimes 'running with perseverance' means making a daily choice to review the attachments taking up space in our lives. We have to look at our habits, our schedules, our mindsets, and our relationships and ask, "Is this helping me run toward Jesus, or is it holding me back?" When we intentionally clear the distractions, we find the fresh strength and spiritual stamina needed to run the way we are supposed to run.

REFLECT:

- What is one non-sinful "weight" in my life right now (such as a habit, a toxic routine, an unhealthy relationship, or an overcommitment) that is taking up space in my life and draining my spiritual energy?
- How often do I glance at my problems or worldly distractions compared with how often I truly fix my gaze on Jesus?
- In what areas of my life do I feel the most fatigued or tempted to give up on the race?
- What does "fixing my eyes on Jesus" look like practically in the middle of a chaotic, busy day?
- What is one boundary I can set today to protect my time and focus with the Lord?

PRAY:

- Thank God for people you know who inspire you to keep your eyes on Jesus.
- Ask the Holy Spirit to reveal some of the subtle, daily distractions that act like spiritual weights in your life.
- Repent of any entangling sins or patterns of compromise that slow down your spiritual growth.
- Pray for supernatural endurance and steady focus to keep your eyes locked onto Christ through every trial.
- Ask God for the courage to lay down specific habits or obligations that are hindering your relationship with Him.