



Crosspoint Church

AfterWords

Weekly Study: The Heart of a Champion- A Determined Heart



Overview

This week's lesson explores what it means to have *the heart of a champion*, a heart that refuses to quit, gives God its full determination, and runs the race of faith with endurance. In sports, champions are not formed by comfort but by conflict. A determined heart is not a perfect heart but is a heart that stays committed even when clarity is missing, pressure is overwhelming, or pain is present.



Scripture

Paraphrased Hebrews 12:1–2 (NLT) “Let us strip off every weight that slows us down... **Proverbs 4:23 (NLT)** “Guard your heart above all else, for it determines the course of your life.” **Micah 7:8 (NKJV)** “Do not rejoice over me, my enemy; when I fall, I will arise...” **2 Corinthians 4:8–9 (NKJV)** “We are hard-pressed on every side, yet not crushed; perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.” **Proverbs 24:16 (NLT)** “The godly may trip seven times, but they will get up again...”



Key Points

Champions Are Forged in Pressure

- **Champions are shaped in hardship, not comfort.** Hebrews 12:1 calls us to “strip off every weight” and *run with endurance*, which happens under pressure, not ease.
- **Champions get doubted, criticized, and knocked down** but refuse to stay down, echoing Proverbs 24:16, “the godly may trip seven times, but they get up again.”
- **Pressure doesn't destroy them; it reveals them.** As 2 Corinthians 4:8–9 says we may be “hard-pressed... struck down, but not destroyed.”

Champions Run With Perseverance

- **Perseverance shows stubborn faith and holy determination** like the kind Jesus demonstrated in Hebrews 12:2, who “endured the cross” with joy set before Him.
- **They discover strength they didn't know they had.** 2 Corinthians 4:8–9 promises that pressure won't crush us but will reveal God's sustaining power.
- **Champions keep running when circumstances tell them to quit** fulfilling Proverbs 4:23, guarding their hearts and staying the course of their lives.

Champions Stay Committed Even Without Clarity

- **They trust God even when they don't understand what He's doing.** Proverbs 3:5, which says, "Trust in the Lord with all your heart and do not depend on your own understanding."
- **Determination is not having all the answers.** Hebrews 11:1 teaches that faith is "confidence in what we hope for and assurance about what we do not see."
- **Champions choose faithfulness over feelings and commitment over confusion,** reflecting on 1 Corinthians 15:58 to "stand firm always give yourselves fully to the work of the Lord."

Champions Get Knocked Down but Not Knocked Out

- **They face pressure, confusion, and persecution, but are not abandoned.** In 2 Corinthians 4:8–9: Paul states believers are "hard-pressed, but not crushed... struck down, but not destroyed."
- **Determination is continuing through suffering, not avoiding it.** Just like Jesus in Hebrews 12:2, who endured the cross and finished the race.
- **Being knocked down doesn't end their story.** Micah 7:8 declares, "When I fall, I will arise."



Reflection



Where do you feel pressure and how is God using it to build the champion inside you?



What weights in your life do you need to lay aside so you can run with endurance?



Where is God asking you to stay committed even when things aren't clear?



Prayer

Lord, give me the heart of a champion, a heart that refuses to give up, stays committed even when life is unclear, and rises every time I fall. Help me fix my eyes on You, remember the eternal prize, and stay faithful in prayer, Your Word, and community. Strengthen my determination, renew my courage, and fill me with endurance for the race set before me. This I ask in your name, Amen.

R e f l e c t . A p p l y . G r o w .