

Sermon Notes
November 17, 2019
Running The Race
Hebrews 12:1-6

Throw off _____ that hinders and the ____ that so easily entangles.

- What might be things that _____ you in your _____ journey with God?
- What ongoing _____ in your life entangles or _____ you?

The writer gives us two _____ in running the race with _____.

- Fix your _____ on _____.
- Consider what _____ went through so you don't _____ weary and _____ heart.

Weekly Devotions

God speaks to us today by the Holy Spirit. Jesus said about the Holy Spirit,

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will *teach* you all things and will *remind* you of everything I have said to you.”

This week, begin your quiet time with God by having your Bible and some paper/notebook in which to write some observations from God on. Use the following instructions for your time with God:

1. Ask God to first quiet your heart and mind so that you are available to God.
2. Ask God to speak to your heart as you read the scripture for the day.
 - a. Write down the most meaningful part of the scripture you read today.
 - b. In one or two sentences, write down the impression you received as your read this particular part of the scripture.
 - c. Finally write down what you feel God wants you to learn or do as a result of what impressed you.

Scriptures to Read:

- **MONDAY– Romans 16:16-20**
- **TUESDAY – Matthew 19:16-26**
- **WEDNESDAY – Romans 6:1-14**
- **THURSDAY – James 1:2-8, 12-14**
- **FRIDAY –John 15:1-8**
- **SATURDAY – John 17:6-19**