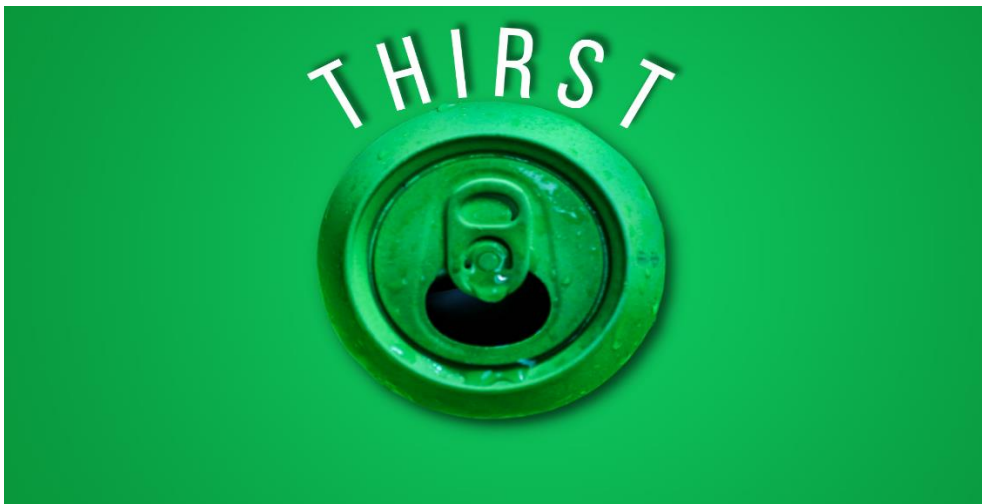




WELCOME TO CEC..... Robbie Matthews  
SINGING TOGETHER ..... To God be the Glory  
Beautiful One

PRAYER  
SINGING TOGETHER ..... Build my life  
UPDATES ..... Robbie Matthews  
SINGING TOGETHER ..... Yet not I but in Christ in me  
BIBLE READING ..... Hebrews 12:1-13 (Church Bible page 1262)  
MESSAGE ..... Taught by Pastor Phill  
SINGING TOGETHER ..... The Lord's My Shepherd (I will trust)



## Thirst ~2

### How to maintain spiritual growth

#### Hebrews 12:1-2

*'There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.'* Matthew 17:2 NIV

*'Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. He was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honour beside God's throne in heaven.'* Hebrews 12:1-2 NLT

#### HOW DO I FINISH WELL?

**1. I will find strength from those who have \_\_\_\_\_.**

*'Even if it was written in Scripture long ago, you can be sure it's written for us.'* Romans 15:4a Msg

*'Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith.'* Hebrews 12:1 NLT

**What person of faith and godliness can strengthen my walk? \_\_\_\_\_**

**2. I will put off that which \_\_\_\_\_ me up.**

*'Let us strip off every weight that slows us down, especially the sin that so easily hinders our progress.'* Hebrews 12:1 NLT

\* Let go of the \_\_\_\_\_

\* Let go of the \_\_\_\_\_

*'Endure hardship with us like a good soldier of Christ Jesus. No one serving as a soldier gets involved in civilian affairs--he wants to please his commanding officer.'* 2 Timothy 2:3-4 NIV

**In order to finish well, I need to let go of \_\_\_\_\_**

### 3. I will \_\_\_\_\_ until I cross the finish line.

'And let us run with endurance the race that God has set before us.'

Hebrews 12:1 NLT

'Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain.' 1 Corinthians 15:58 NIV

Coming out of the 40 Days in the Word spiritual growth campaign, I know God wants me to keep on \_\_\_\_\_

### 4. I will keep a \_\_\_\_\_ focus.

'We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish.' Hebrews 12:2 NLT

'What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.' Philippians 3:8 NIV

In order to stay single-minded I will \_\_\_\_\_

### 5. I will endure the suffering to see the \_\_\_\_\_.

'He was willing to die a shameful death on the cross because of the joy he knew would be his afterward.' Hebrews 12:2 NLT

'These little troubles are getting us ready for an eternal glory that will make all our troubles seem like nothing.' 2 Corinthians 4:17 CEV

'I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.' Philippians 3:14 NLT

I am able to endure the present because I know someday \_\_\_\_\_

'From this time, many of His disciples turned back and no longer followed Him... Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. We believe and know that you are the Holy One of God.'" John 6:66, 68-69 NIV

'So keep your mind on Jesus, who put up with many insults from sinners. Then you won't get discouraged and give up.' Hebrews 12:3 CEV



SMALL GROUP SERMON DISCUSSION

1. Discuss what it takes for an athlete to run a race, the training, the effort etc. How does that compare to the Christian life?
2. Share a time you experienced a spiritual high, or what God has encouraged you with in the 40 Days in the Word.
3. Read Hebrews 12:1-2. What key phrases stand out to you and why?
4. Why is it encouraging to read of those Christians who have gone before you? How could you be a good model of running the race to other Christians?
5. What are some of the things that can trip us up in our Christian life? What should we do? See 2 Timothy 2:3.
6. Read 1 Corinthians 15:58. Paul wrote a lot about perseverance and had lots of tough times where he could have easily given up. What do you take away from this verse to help you persevere?
7. Read Philippians 3:8 and 2 Corinthians 4:17. Discuss practical ways we can keep a right focus so that we finish the race well. How can we encourage each other to keep on keeping on?

Watch us on



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