

(Hebrews 12:1) 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.

(Hebrews 12:2-3 MSG) Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through.

For when you feel like giving up...  
“ \_\_\_\_\_ ”

## HOW HE DID IT

1. \_\_\_\_\_ who's trying to ruin your life.

(Luke 23:34) Jesus said, “Father, forgive them, for they do not know what they are doing.”

2. \_\_\_\_\_ who are experiencing your same struggle.

(Luke 23:39-43) One of the criminals who hung there hurled insults at him: “Aren't you the Christ? Save yourself and us!” But the other criminal rebuked him. “Don't you fear God,” he said, “since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” Jesus answered him, “I tell you the truth, today you will be with me in paradise.”

3. Be sure you've taken \_\_\_\_\_ of those \_\_\_\_\_ to you.

(John 19:26-27) “Dear woman, here is your son... Here is your mother.”

4. Realize that until you get to \_\_\_\_\_, there are some things you will never \_\_\_\_\_.

(Matthew 27:46) “My God, my God, why have you forsaken me?”

5. Be human enough to \_\_\_\_\_ your need.

(John 19:28-29) Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, “I am thirsty.” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips.

6. Be assured, there is a \_\_\_\_\_ and an \_\_\_\_\_.

(John 19:30) “It is finished.”

7. Finally, \_\_\_\_\_ your day to God and let it go.

(Luke 23:46) “Father, into your hands I commit my spirit.”

(Hebrews 12:1) 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.

(Hebrews 12:2-3 MSG) Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through.

For when you feel like giving up...  
“Keep your eyes on Jesus.”

## HOW HE DID IT

1. Forgive everyone who's trying to ruin your life.

(Luke 23:34) Jesus said, “Father, forgive them, for they do not know what they are doing.”

2. Help others who are experiencing your same struggle.

(Luke 23:39-43) One of the criminals who hung there hurled insults at him: “Aren't you the Christ? Save yourself and us!” But the other criminal rebuked him. “Don't you fear God,” he said, “since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” Jesus answered him, “I tell you the truth, today you will be with me in paradise.”

3. Be sure you've taken care of those closest to you.

(John 19:26-27) “Dear woman, here is your son... Here is your mother.”

4. Realize that until you get to heaven, there are some things you will never understand.

(Matthew 27:46) “My God, my God, why have you forsaken me?”

5. Be human enough to acknowledge your need.

(John 19:28-29) Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, “I am thirsty.” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips.

6. Be assured, there is a purpose and an end.

(John 19:30) “It is finished.”

7. Finally, surrender your day to God and let it go.

(Luke 23:46) “Father, into your hands I commit my spirit.”