



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, ² 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. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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- 1 Holiness
- Perseverance
- 3 Christ-centered
 - 4 Hope

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Hebrews 11:35b-38 (NIV)

^{35b} There were others who were tortured, refusing to be released so that they might gain an even better resurrection.

³⁶ Some faced jeers and flogging, and even chains and imprisonment. ³⁷ They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated—³⁸ the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.



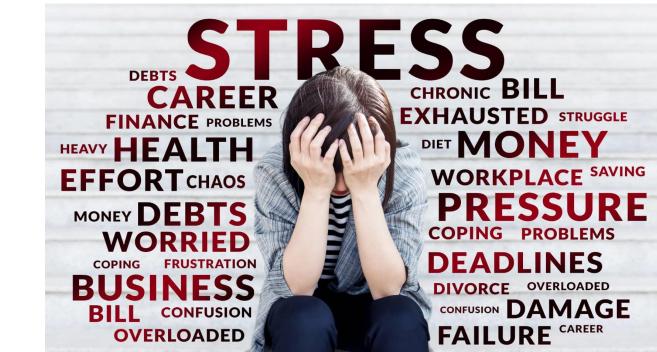
2 Timothy 4:7 ESV
I have fought the good fight,
I have finished the race,
I have kept the faith.

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let us throw off **everything that hinders** and **the sin** that so easily entangles.

Holiness

The normal Christian life is life in Christ, by the Holy Spirit, in the kingdom of God



Colossians 1:10-14 ESV

The normal Christian life is life in Christ, by the Holy Spirit, in the kingdom of God

forgiveness of sins.

So as **to walk** in a manner worthy of the Lord, fully **pleasing to him**, **bearing fruit** in every good work and **increasing in the knowledge of God**.

May you be **strengthened with all power**, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the

GRACE

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2 Perseverance

The normal Christian life is not the Olympics. It is not running to win medals. It is a steady run to finish well

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Spiritual formation

Physical, emotional, social growth

Study, preparation, work

Career development

Marriage and family

Wealth, status, power

Retirement Dementia Dying well

Living with limitations

Anxiety and Depression
Grief and Loss

Loneliness and

Helplessness Physical Pain Death

Development of the false self

Development of the true self

Journey of our pilgrim souls

Becoming like Christ

3irth

1 Corinthians 9:24-27 ESV



"While we move along with change, there are absolutes which we should not let go of. The absolutes are those of God -- do not change His Word which is steadfast as our life manual."

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete **exercises self-control in all things**. They do it to receive a perishable wreath, but we an imperishable. So I do not **run aimlessly**; I do not box as one beating the air. But I **discipline my body and keep it under control, lest after preaching to others I myself should be disqualified**.

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3 Christ-centered

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.

Ancient Olympia



The normal Christian life is following Christ

Philippians 3:12-16 ESV

The normal Christian life is following Christ

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. Only let us hold true to what we have attained.

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The normal Christian life is living in joy with hope

Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

2 Timothy 1:12 ESV



The normal Christian life is living in joy with hope

Which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that Day what has been entrusted to me.

Finishing Well Hebrews 12:1–3 (NIV)

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Psalm 139:15–18 (NIV)

¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

¹⁷ How precious to me are your thoughts, God!
How vast is the sum of them!

¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

