

## #5 Persevere! *Hebrews 12:1-3 (NIV)*

Point #3 – I **GUARD** my heart (vs 3)

**Hebrews 12:1-3 (NIV)** *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, <sup>2</sup> 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. <sup>3</sup> Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

**Revelation 21:4-5a** *‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’ <sup>5</sup> He who was seated on the throne said, “I am making everything new!”...*

Point #1 – Life is like a **RACE** — and it’s a **MARATHON**, not a **SPRINT!** (vs 1)

**Proverbs 4:23** *Above all else, guard your heart, for everything you do flows from it.*

Point #2 – Look at **JESUS’ EXAMPLE** (v 2)

**Psalms 42:5** *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

**Matthew 26:39-42 NIV** *Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” <sup>40</sup> Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. <sup>41</sup> “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” <sup>42</sup> He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”*

**2 Corinthians 10:5** *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*