

**IT
HURTS
BUT
ENDURE**



A photograph of a man in an orange shirt and dark shorts running up a steep, rocky mountain slope. The sun is setting behind him, casting a warm orange glow over the scene and the surrounding mountains. The sky is a clear, pale blue.

**IF YOU WAKE
UP IN AFRICA**

**YOU KNOW
YOU ARE
GOING TO
RUN**

THE RACE

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should...

1 Cor 9:24-27 NLT

FAITH HEROES

How much more do I need to say? It would take too long to recount the stories of the faith of Gideon, Barak, Samson, Jephthah, David, Samuel, and all the prophets. By faith these people overthrew kingdoms, ruled with justice, and received what God had promised them.

Heb 11:32-34 NLT



FAITH HEROES

They shut the mouths of lions, quenched the flames of fire, and escaped death by the edge of the sword. Their weakness was turned to strength. They became strong in battle and put whole armies to flight.

Heb 11:32-34 NLT



FAITH HEROES

It was by faith that Moses' parents hid him for three months when he was born. They saw that God had given them an unusual child, and they were not afraid to disobey the king's command.

Heb 11:23 NLT



FAITH HEROES

It was by faith that Moses, when he grew up, refused to be called the son of Pharaoh's daughter. He chose to share the oppression of God's people instead of enjoying the fleeting pleasures of sin.

Heb 11:24-27 NLT

FAITH HEROES

He thought it was better to suffer for the sake of Christ than to own the treasures of Egypt, for he was looking ahead to his great reward. It was by faith that Moses left the land of Egypt, not fearing the king's anger. He kept right on going because he kept his eyes on the one who is invisible.

Heb 11:24-27 NLT



FAITH HEROES

...They agreed that they were foreigners and nomads here on earth... they were looking for a better place, a heavenly homeland. That is why God is not ashamed to be called their God, for he has prepared a city for them.

Heb 11:13-16 NLT



FAITH HEROES

All these people died still believing what God had promised them. They did not receive what was promised, but they saw it all from a distance and welcomed it.

Heb 11:13-16 NLT



FAITH HEROES

For God had something better in mind for us, so that they would not reach perfection without us.

Heb 11:40 NLT



CONVERSATIONS WITH GOD



CONVERSATIONS WITH GOD

Lord, you always give me justice
when I bring a case before you.

So let me bring you this
complaint: Why are the wicked
so prosperous? Why are evil
people so happy?...

Jer 12:1 NLT



CONVERSATIONS WITH GOD

If racing against mere men
makes you tired, how will you
race against horses? If you
stumble and fall on open
ground, what will you do in the
thickets...?

Jer 12:5 NLT



CONVERSATIONS WITH GOD

Three different times I begged the Lord to take it away. Each time he said, “My grace is all you need. My power works best in weakness.”

2 Cor 12:9 NTL



A photograph of a man in an orange jacket and black shorts running up a steep, rocky mountain slope. The sun is low on the horizon, casting a warm orange glow over the scene. The background shows more mountain peaks under a clear sky.

IT HURTS



IT HURTS

No discipline is enjoyable while it is happening – it is painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

Heb 12:11 NLT



IT HURTS

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 trips us up.

Heb 12:1-2 NLT



IT HURTS

And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

Heb 12:1-2 NLT

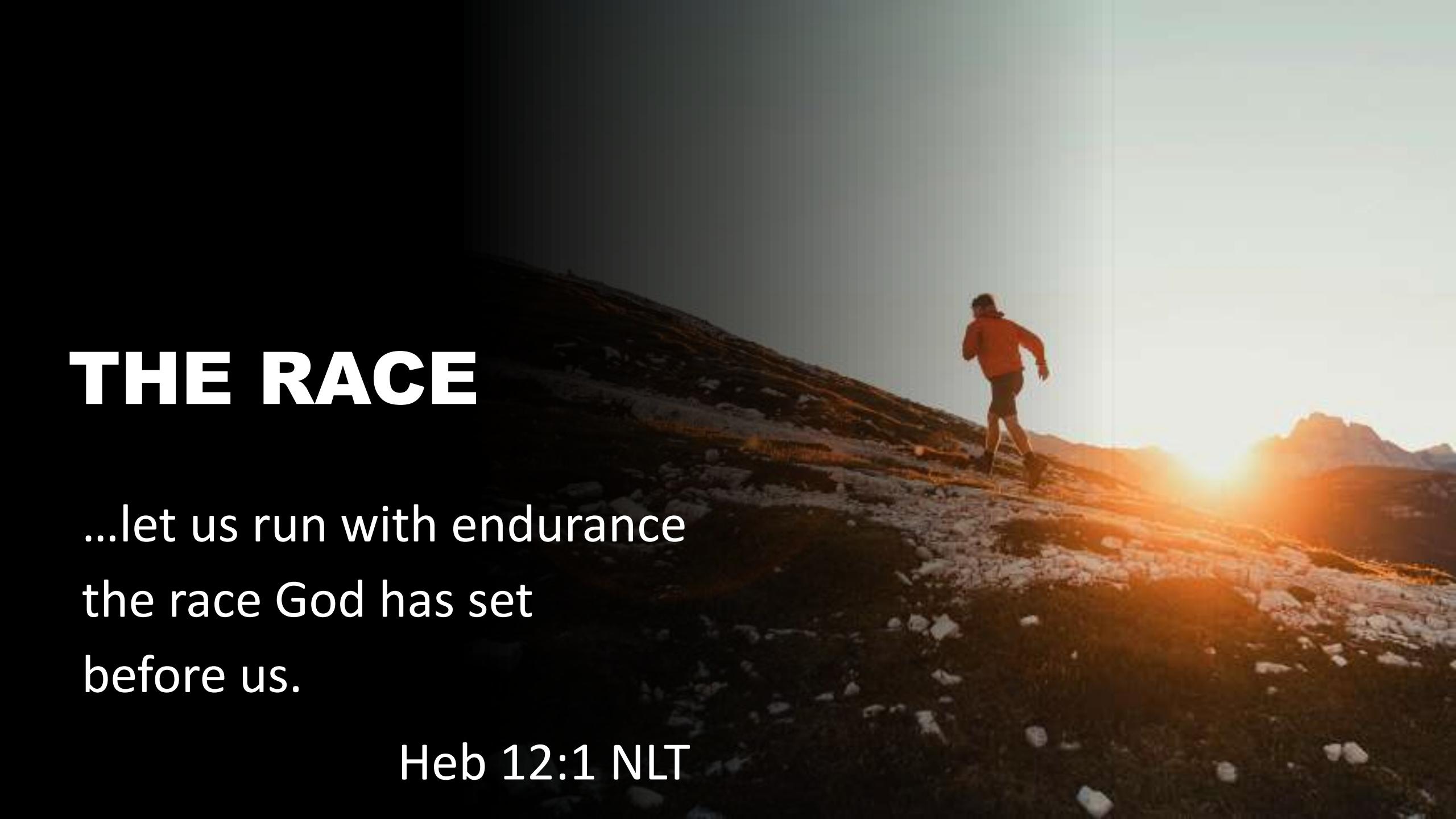
THE RACE



THE RACE

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

Heb 12:1 NLT



THE WEIGHT



THE WEIGHT

...let us strip off and throw
aside every encumbrance
(unnecessary weight)

Heb 12:1 AMP



THE SIN



THE SIN

... and that sin which so readily (deftly and cleverly) clings to us and entangles us...

Heb 12:1 AMP

DISTRACTION



DISTRACTION

...Looking away [from all
that will distract] to Jesus...

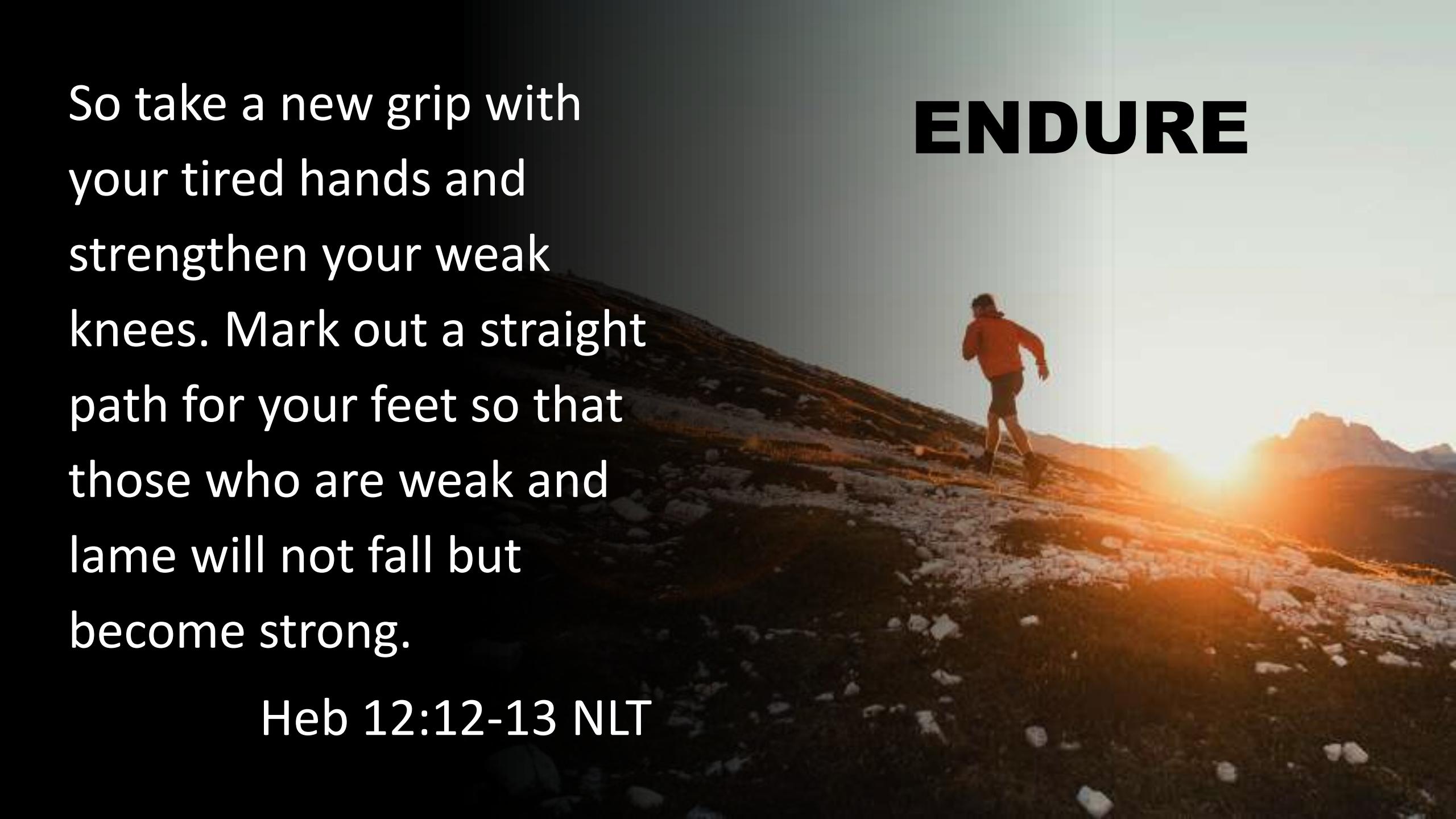
Hebr 12:2 AMP



So take a new grip with
your tired hands and
strengthen your weak
knees. Mark out a straight
path for your feet so that
those who are weak and
lame will not fall but
become strong.

ENDURE

Heb 12:12-13 NLT



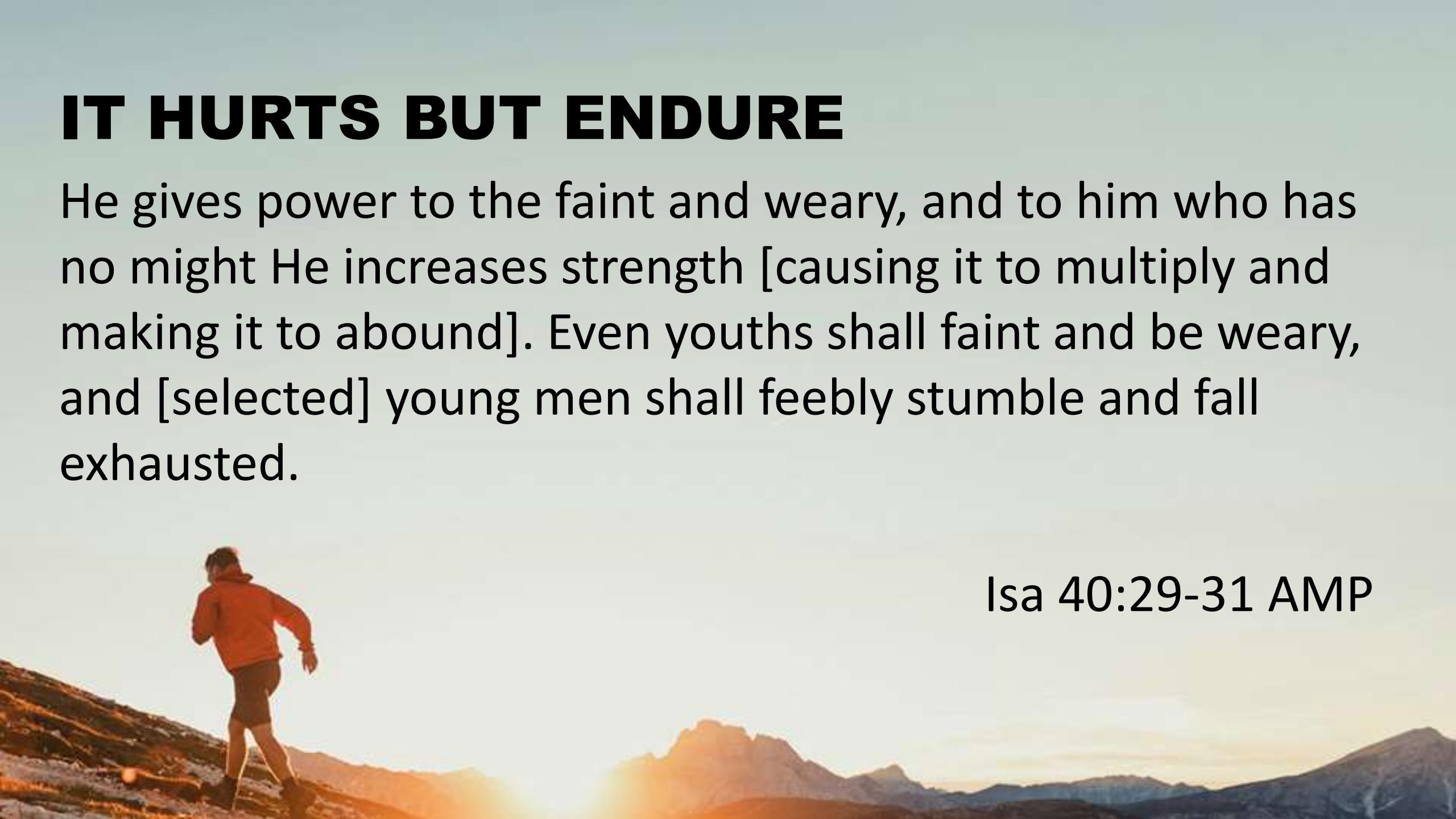
- Adjust your pace
- Refuel immediately
- Breathe easy
- Mind back on the race
- Visualize the finish

ENDURE



IT HURTS BUT ENDURE

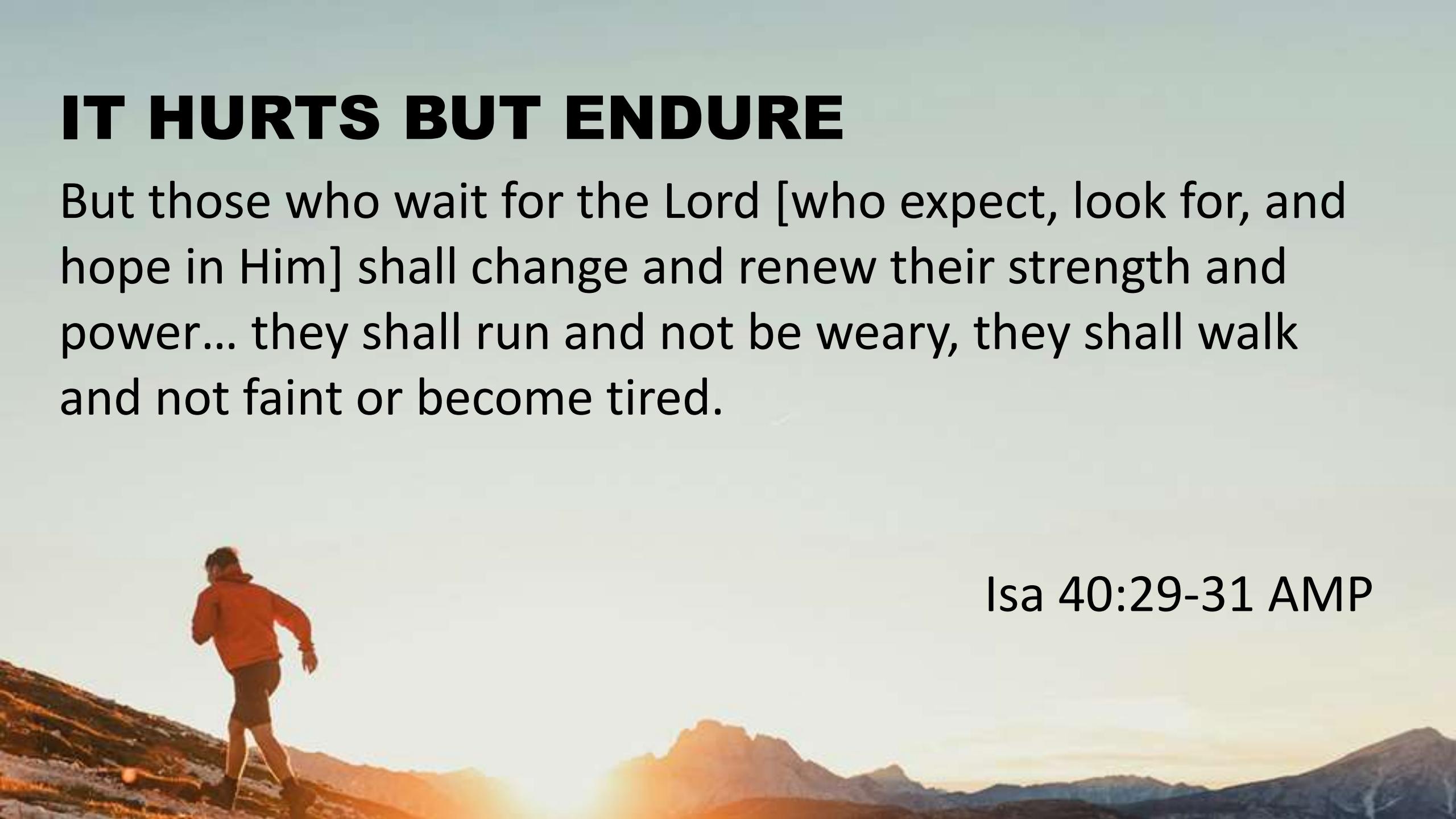
He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted.

A photograph of a person from behind, wearing a red shirt and dark shorts, running up a rocky mountain slope. The sun is setting in the background, casting a warm orange glow over the scene and the mountains in the distance.

Isa 40:29-31 AMP

IT HURTS BUT ENDURE

But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power... they shall run and not be weary, they shall walk and not faint or become tired.

A photograph of a person in a red shirt and shorts running up a rocky mountain slope. The sun is setting in the background, casting a warm glow over the scene. In the distance, more mountains are visible under a clear sky.

Isa 40:29-31 AMP

IT HURTS BUT ENDURE

And the Lord gave them rest on every side, just as he had solemnly promised their ancestors. None of their enemies could stand against them, for the Lord helped them conquer all their enemies. Not a single one of all the good promises the Lord had given to the family of Israel was left unfulfilled; everything he had spoken came true.

Jos 21:44-45 NLT

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