

The Way Forward: Part 1 - The Finish Line

Opening Question **What is the farthest you have ever walked or ran?**

FINISH Well/ Finish Stats: According to hqhire

- 25% of all New Year's Resolutions will be given up within a week.
- 45% of people do not track their goals or dreams.
- 84% of all people do not set any goals or dreams

According to Psychology today (1/1/25): A staggering [92 percent of people](#) never achieve their goals or dreams. That means only 8 percent live into their dreams. Why the disconnect?

The Bible tells us that life is like a race; it is like a marathon. Unfortunately, very few people finish the race of life well. We get discouraged, we get distracted, we get hurt, we get sidelined and very few people make it to the end of life finishing well (Yet alone a yearly resolution). We give up.

LIVE into & finish our Life with JESUS even when you feel like giving up....

So, how do we run, keep on running, and Finish Well- Into this year, and as a LIFESTYLE?

The Bible tells us there are **6 PRACTICES TO DO (Explain)** if you want to finish the race of life well....

Our Main Text: Hebrews 12:1-13

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

RUN WITH OTHERS

Be Open to, Pursue and Initiate the Encouragement & Motivation of OTHERS Christ Followers in your Life

And realize that you are MEANT TO RUN WITH OTHERS

Have people in your life that will "Spurn you on" that will ask you the Hard Questions- How is your soul?

How are you really doing? Who do you have in your life that can ask you anything at any time? (Men!)

2. Hebrews 12:1b let us strip off every weight that slows us down, especially the sin that so easily trips us up.

REMOVE SIN

Running With the Encouragement, Transparency, and Authenticity with others helps this Practice!

What weighs you down? What drains you? What STOPS YOU? – Jesus is Always ABOUT FREEDOM

Luke 4:18-19:¹⁸ "The Spirit of the Lord is upon me,
for he has anointed me to bring Good News to the poor.
He has sent me to proclaim that captives will be released,
that the blind will see,
that the oppressed will be set free,
¹⁹ and that the time of the Lord's favor has come.

You will not FINISH WELL if you are sidelined by SIN.... Explain

Hebrews 12:1c And let us run with endurance the race God has set before us.

RUN WITH ENDURANCE (The Ability to FINISH & not Get Sidetracked or Taken Out of the Race)

3. **Hebrews 12:2a** ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith

REMEMBER WHO ALREADY WON!

Keep our eyes on our Self (World) – Lie! Keep our eyes looking back – No!

Keep our eyes by comparing ourself to others and trying to RUN their race (Unpack, explain- jealousy over gifting, path, etc.)- - No!

Keep our eyes FIXED on Jesus (Explain): WE ALL NEED OUR PERSPECTIVE, TO BE ON JESUS.

WILL YOU LET THE CHAMPION OF YOUR SOUL TRAIN YOU? HOW DID HE WIN?.....

Hebrews 12:2b. ^[a] Because of the joy ^[b] awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

JESUS KNEW AND KNOWS THE FINISH LINE! HIS JOY IS AND **WAS ENDURING THE CROSS FOR YOU! COMPLETING HIS PURPOSE ON EARTH.**

YOU ARE HIS FINISH LINE.... YOUR FREEDOM IS WHY HE CAME! HE RAN FOR YOU!

4. **Hebrews 12: 3-4:** ³ Think of all the hostility he endured from sinful people; ^[c] then you won't become weary and give up. ⁴ After all, you have not yet given your lives in your struggle against sin.

RESIST DISCOURAGEMENT Connection/Continuation to Verse 2:

Discouragement Destroys Us. How has the Discouragement & Negativity of others/those around you affect your race?

MAYBE YOU HAVE HAD SOME VERY DIFFICULT EVENTS/DISOURAGING WORDS SPOKEN OVER YOU TO YOU- YOU HAVE A CHOICE IN HOW YOU RESPOND!!!!

5. **Hebrews 12:5-11**

REMEMBER YOUR TRAINING (11 Focus)

We train/Practice/Endure to FINISH WELL.... Cannot Run well without Training.

Let us be honest: No one enjoys discipline/hard lessons/intensive training- It is often painful, but it is necessary

Any athlete will look back at the hardship or suffering they endured while training that allowed them to FINISH WELL.

"If it does not challenge you, it does not change you." - TRAINING NEVER STOPS,

6. **Hebrews 12:12-13** ¹² So take a new grip with your tired hands and strengthen your weak knees. ¹³ Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.

RUN FOR OTHERS

FULL CIRCLE TEXT: YOU FINISH WELL FOR OTHERS!!!

WHAT IF YOUR PERSERVERNCE TO THE FINISH LINE WAS FOR OTHERS?

WHO NEEDS YOU TO STAY IN THE RACE THIS YEAR?

WHO IS LOOKING TO YOU? "If they can make it, I can too"