

HOW TO STAY REFRESHED

Living Like a Champion

Part 2

“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 sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. He was willing to die a shameful death on the cross because of the joy He knew would be His afterward. Now He is seated in the place of highest honor beside God’s throne in heaven.” Hebrews 12:1-2

When You Know You Are Too Tired:

- Frequent or Constant Sense of Feeling _____
- Difficulty Making _____
- Surplus of Information
- Stale or Superficial State in Your Relationship with _____
- Decreased Ability to _____

STRATEGIES TO STAY REFRESHED

1. RUN... FORGIVEN AND NO EXTRA WEIGHT

Help from God that Refresh You (Romans 8)

- Clear _____ – *“For now there is no condemnation for those who belong to Christ Jesus.”* Vs. 1
- _____ and _____ – *“If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace.”* Vs. 6
- Help with _____ – *“And the Holy Spirit helps us in our distress.”* Vs. 26
- _____ – *“And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.”* Vs. 28
- _____ – *“If God is for us, who can ever be against us?”* Vs. 31
- _____ - *“Whether we are high above the sky or in the deepest ocean, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”* Vs. 39

2. RUN... _____

“Run the race...that God has set before us.” Hebrews 12:1

“And the good news of the kingdom will be proclaimed throughout the world, as a testimony to all nations, and then the end will come.”
Matthew 24:14

3. RUN...STOPING WHEN NEEDED TO FIND _____ AND TO DRINK DEEPLY BESIDE STILL WATERS.

“The Lord is my shepherd. I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.”
Psalm 23:1-3

4. RUN...COUNTING THE _____, BUT KNOWING THE _____

“Jesus was willing to die a shameful death on the cross because of the joy He knew would be His afterward.” Hebrews 12:2

HOPE IS EXPECTATION! AND EXPECTATION WILL CHANGE YOUR LIFE!

“Do you see what all this means – all these pioneers who blazed the way, all these veterans cheering us on? It means we’d better get on with it. Strip down and start running – and never quit! No extra spiritual fat, no parasitic sins. 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: the cross, shame, whatever. And now He’s there, in the place of honor, right alongside God. When you find yourself flagging in your faith, go over that story again, item by item, that long litany of hostility He plowed through. That will shoot adrenaline onto your souls!” Hebrews 12:1-2 (The Message)

Next Sunday:

HOW TO PLAY WITH AN M.V.P. TEAM

Saro Khachikian