

## **Run with Freedom!**

### **Ready:**

*“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. Let us fix our eyes on Jesus, the author and perfecter of our faith...”*

-Hebrews 12:1-2 (NIV)

### **Set**

Have you ever noticed that, when racing, runners tend to wear the lightest outfit or the least amount of clothing possible? From the weight of their shoes to the amount of hair on their heads. Why is this so important to them? The answer is easy: because the less you have weighing you down, the faster you will be and the more endurance you will have.

The same principle applies to the Christian life. Several times in his letters, Paul relates our lives as Christians to running a race. When running this race as Christians, God wants us to run with perseverance because He has so much set out for us to do. But, when we allow sin to cling to us, it slows us down.

Picture running a race with an alcohol bottle in your pocket, a backpack or stress on you, a helmet full of pride, and a sexual partner clinging to your leg as you run. Any of those burdens will tire you and slow your pace. The author of Hebrews says that we must lay aside the sin that entangles us, so we can run with the race marked out for us in Christ Jesus. We must keep our eyes locked on Him, cast off all the sin and throw it at the foot of the cross. Then, we will be able to run freely. And, as it says in John 8:36, once Christ has set us free, we are free indeed!

### **Go**

1. What are some things you need to throw off in order to run freely?
2. How are you training for the spiritual race? Do you need to train harder? How?

### **Workout**

John 8:36

1 Corinthians 9:24



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