

## **Hill Repeats**

### **Ready:**

"No discipline is enjoyable while it is happening?it?s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way." Hebrews 12:11

### **Set**

As an endurance runner, persevering through pain and hard workouts is necessary to become stronger and finish the race well. In a recent training session for our upcoming marathon, my teammates and I ran hill repeats (sprinting up a long hill as fast as you can multiple times). It was hard and painful, but we persevered and endured the pain. It was so rewarding to see the progress we had made since the last hill workout.

We often times come across hills in our life and while they may not be particularly fun at the time, we can trust our Father is using them to make us stronger. When we trust him, seek him and love him, he will use the hills in our life for our good and his glory. Let's thank Him for the hills and trust in the good work He's doing in us as we're enduring the pain and let's spur each other on to run the race He's given us and finish well!

### **Go**

1. What trial is He asking you to persevere through right now?
2. What is He wanting to teach you through it?

### **Workout**

2 Timothy 2:3; Romans 5:3-5; James 1:2-4, 12

### **Bible Reference:**

2 Timothy 2:3

Romans 5:5

James 1:2-4



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