

## **Perfect Pacer**

### **Ready:**

“Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hinderance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.” — Hebrews 12:1-2

### **Set**

Many marathons offer official pacers. A pacer is an experienced runner who is tasked with running at a set speed for a certain projected finish time thus helping participants achieve their goal and finish strong.

Runners who want to run a steady race and meet their goal time seek to find the correct pacer at the start of the race. Pacers typically will be holding a sign with the finishing time goal. Those who run with pacers receive many benefits, such as:

- Keeping a steady, reliable pace—helping you stay focused and positive.
- Knowing the course and potential obstacles.
- Navigating the crowd and leading from the front so you can follow clearly.

The key for the runner is to stay close so they can see and listen to the voice of the pacer. Drift too far behind and they lose the pacer and don't meet their goal. Sprint ahead and they burnout and fall apart.

Just like runners benefit from a pacer, we, as Christ followers, have the perfect pacer in Jesus. He doesn't just know the way—He is the Way! Galatians 5:25 says, “If we live by the Spirit, let us also keep in step with the Spirit.” Keeping in step means we do not surge ahead or fall behind but maintain a steady pace with Jesus, remaining in His presence and listening to His voice.

We do this by prioritizing spending time with Him in prayer, in His Word and in fellowship with other believers. Setting aside time to pray helps align our hearts with God's will. His Word is our course to follow. In Hebrews 12:1, it says, “..run with endurance the race that lies before us.” We don't select the course, God establishes it. We simply stay the course and follow Him.

Are you running ahead, falling behind, or keeping in step with Jesus—your perfect Pacer?

### **Go**

- Consider who or what you are keeping pace with.
- What steps should you take to better align with God's pace for your life?

## **Workout**

1 Corinthians 9:24?–27

Isaiah 40:30-31

## **Overtime**

“Father, it’s easy to get off the course You have set before us but thank You for sending Jesus to be our pace setter. Help us, by the power of Your Holy Spirit, to keep in step with You. Let us not lose sight of You but remain in Your presence throughout the day. In Jesus’ name, amen”



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