

Training For The Race...Olympics 3

Hebrews 12:1-3, 14

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. ²Let us fix our eyes on Jesus, the author and perfecter of our faith...
—Hebrews 12:1-2

Ephesians 4:22-24, ***...to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.***

Colossians 3:2, ***Set your minds on things above, not on earthly things.***

Romans 13:12b, ***So let us put aside the deeds of darkness and put on the armor of light.***

1. Put off Earthly Cravings.

See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son.
—Hebrews 12:16

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.
—Colossians 3:5

Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery... ¹⁴Rather clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.
—Romans 13:13-14

2. Put on Spiritual Practices

Put on the new self, created to be like God in true righteousness and holiness.
—Ephesians 4:24

Colossians 3:10, ***Put on the new self.***

Romans 13:12, ***Put on the armor of light.***

3. Put off **Earthly Attitudes**.

Make every effort to live in peace with all men...¹⁵ See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

—Hebrews 12:14, 15

“But let us not forget that the flow of God’s blessing can be hindered by us. Just a few critical words, just a wrong attitude, just a personal opinion – and the blessing is Gone.—Watchman Nee. (Twelve Baskets Full, Vol 2, 62)

4. Put on a Spiritually **Renewed Mind**

Be not conformed to this world, but be transformed by the renewing of your mind.

—Romans 12:2

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law. Love your neighbor as yourself.

—Romans 13:8, 9b

- Don’t let hurts fester, clear them quickly.
- Don’t be a taker, be a giver.
- Don’t tear down, but build up.
- Do not grieve the Holy Spirit, get rid of hatred and be loving.

--Ephesians 4:22-29

What earthly cravings and mindsets are holding you back?

What Spiritual practices and attitudes do you need to put on?

Memory Verse:

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.

—Hebrews 12:1