

# FROM FAITH TO FAITHFULNESS

**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.**

**Hebrews 12:1-2 (NIV)**

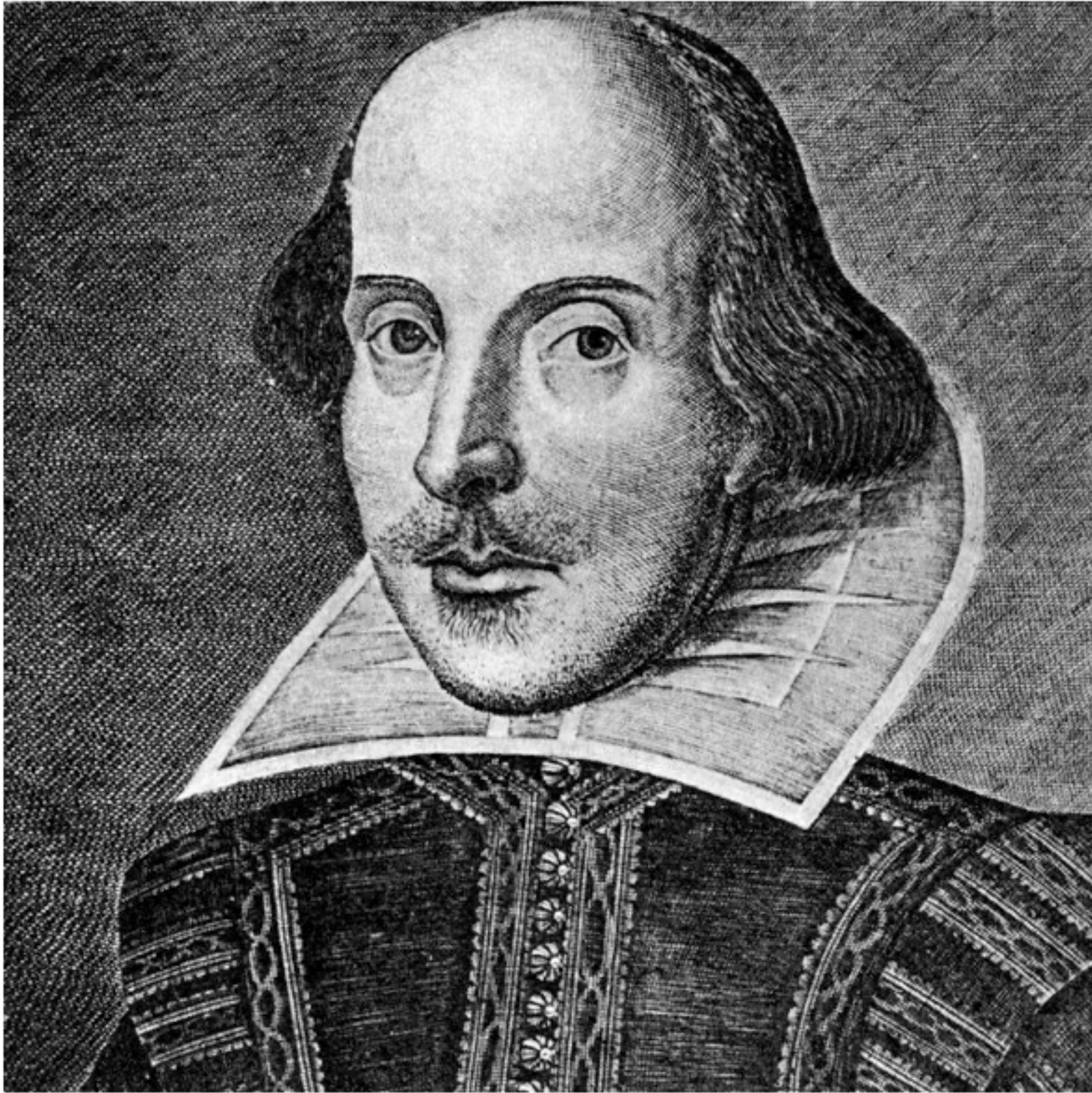
**And let us run with perseverance the race marked out for us, <sup>2</sup>fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.**

**Hebrews 12:1-2 (NIV)**

**<sup>10</sup>Do not say, “Why were the old days better than these?” For it is not wise to ask such questions.**

**Ecclesiastes 7:10 (NIV)**

**WILLIAM SHAKESPEARE**  
**“AS YOU LIKE IT,” 1599**



**“All the world’s a stage,  
And all the men and  
women merely players;  
They have their exits and  
their entrances;  
And one man in his time  
plays many parts.”**



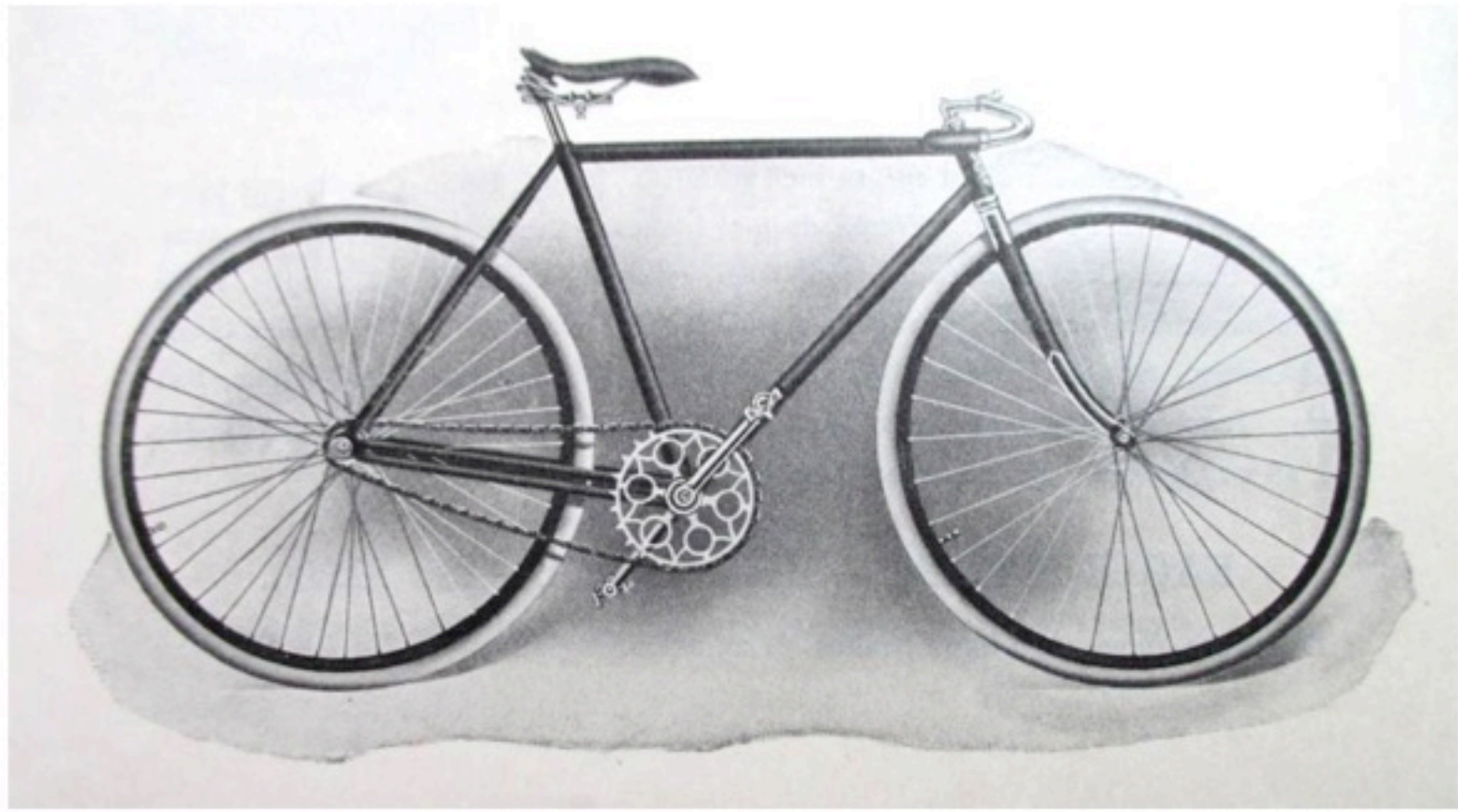
**Throw it off and Focus!**

**THROW OFF  
WHAT HINDERS**

**HINDER:**

***to cause difficulty and  
internal conflict that delays  
or derails our walk with God***





**1903: 80 lbs**



**1962: 22.4 lbs**



**1990: 20 lbs**



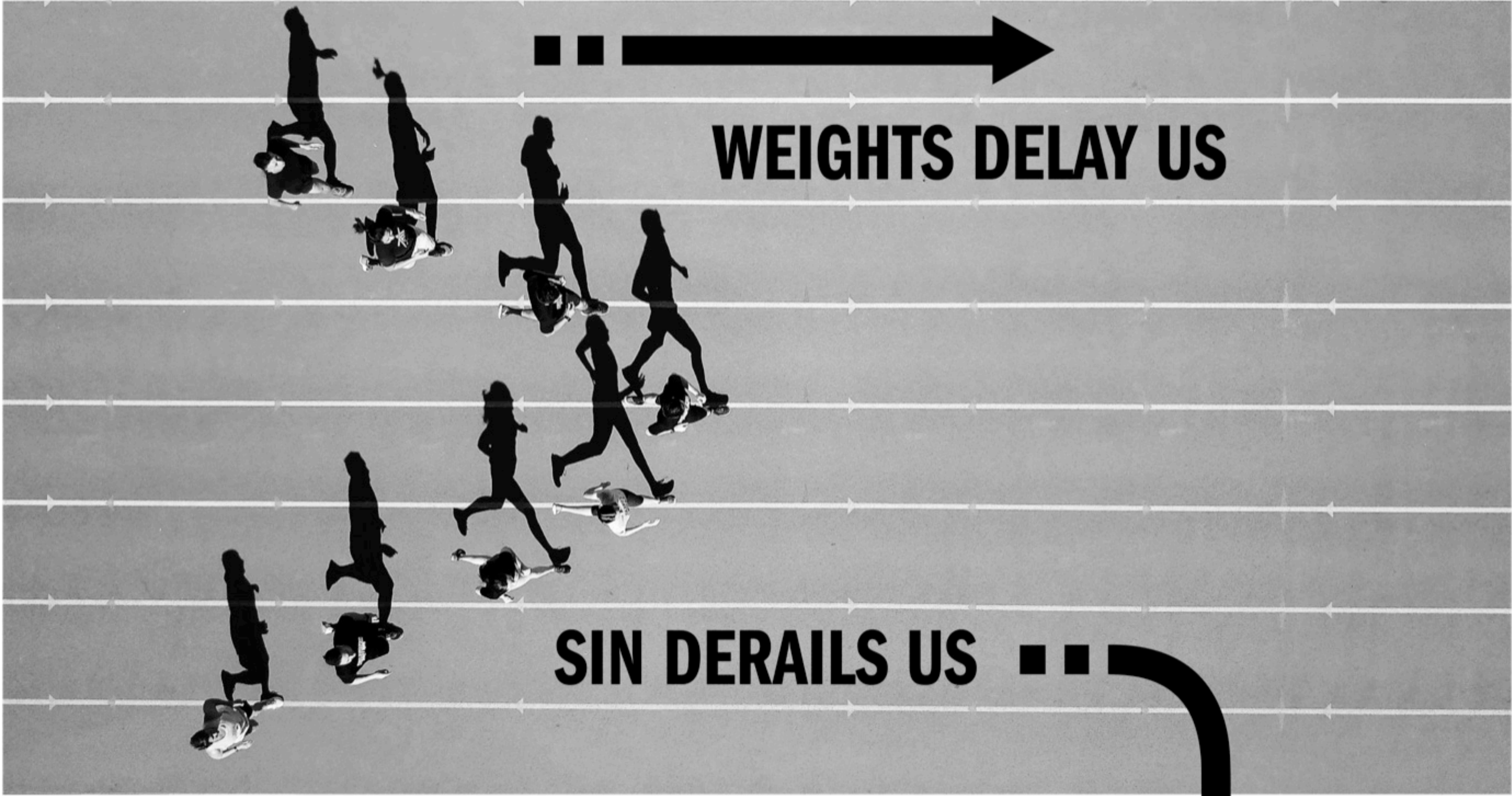
**2019: 15 lbs**

THROW\_OFF

WHAT\_HINDERS



THROW\_OFF



WHAT\_HINDERS

**FOCUS ON JESUS**

**“Fix your eyes” is not a formula,  
it means focus**