

As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us.

Hebrews 12:1-2 (GNT)

Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne.

Hebrews 12:1-2 (GNT)

TIME TO RUN

**Run With the
Right Stuff**

Purge:

to break the cycle of negative influence in your life.

1. Purge What Traps You

2. Purge What Weighs You Down



We'll Never Run Well When We Don't Purge the Wrong Stuff:

- 1. Fantasy**
- 2. Unresolved Trauma and Hurt**
- 3. Guilt**
- 4. Bitterness**

**Run in the
Right Direction**

**Run After What God
Has Set Before You**

**Don't Chase What God
Hasn't Set Before You**