**Part 9 – Stay the Course**

**What to do when you want to quit.**

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**Hebrews 12:1-3**

**Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.**

**We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.**

**Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.**

**Think of all the hostility he endured from sinful people; then you won’t become weary and give up.**

**What do you do when you want to quit?**

**Look back at the legends.**

**Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith…**

**Romans 15:4**

**For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.**

**Throw off the extra weight.**

**Let us strip off every weight that slows us down, especially the sin that so easily trips us up.**

**Ephesians 4:22-24**

**You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.**

**Galatians 3:26-28**

**For you are all children of God through faith in Christ Jesus. And all who have been united with Christ in baptism have put on Christ, like putting on new clothes.**

**Look to the pacesetter.**

**We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.**

**1 Corinthians 9:24-27**

**Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win!**

**All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing.**

**I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.**

**Look to the joy!**

**Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.**

**Think of all the hostility he endured from sinful people; then you won’t become weary and give up.**

**Romans 14:17**

**For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.**

**Psalm 16:11**

**You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.**