



HEART CHECK & PRAYER

*Run with perseverance. Keep looking to Jesus.
Hebrews 12:1-3, 10-14*

PAUSE & EXAMINE YOUR HEART



WHAT DO I NEED TO LAY ASIDE?

Hebrews 12:1

- Is a distraction hindering my obedience?
- Is there a sin I need to confess and turn from?



WHERE ARE MY EYES FIXED?

Hebrews 12:2-3

- Am I dwelling on my circumstances so much that I am forgetting who Jesus is?
- What truth about Him can steady my heart today?



AM I WILLING TO BE TRAINED?

Hebrews 12:10-11

- Where do I need to receive the Father's correction?
- Can I trust His loving purpose while growth is painful?



HOW CAN I PURSUE PEACE & HOLINESS?

Hebrews 12:14

- Do I need to apologize, forgive, or speak truth in love?
- What attitude or habit needs to be surrendered to God?

A PRAYER FOR THE RACE

Heavenly Father,
Thank You for receiving me as Your child
and caring about the person I am becoming.

Show me the weights I need to lay aside
and the sin I need to confess and turn from.
Keep my eyes on Jesus when I grow weary.
Help me remember His endurance, His love,
and His victory.

Give me a humble heart to receive Your correction.
Teach me to trust Your goodness
even when I cannot yet see the fruit.

Shape my words and actions in peace and holiness.
Help me take the next faithful step
in the race set before me.

In Jesus' name, amen.

TODAY'S FAITHFUL STEP

What is one act of obedience I can take today?

The Anonymous Disciple

