

“Running the Race Before Us”

Hebrews 12:1-3 (NASB)

1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

“Lectio Divina” (Divine Reading) Process [repeated three times]:

- (a) Focus question [below]
- (b) Read Scripture
- (c) Quiet prayer / journaling
- (d) Verbal prayer in small group

1st Reading: Reflect on one word or phrase the Holy Spirit impresses on you.

2nd Reading: Respond in quiet prayer with emotion about a personal struggle, longing, or opportunity. It is helpful to use a specific example from your life.

3rd Reading: Rest in a personal invitation or affirmation spoken to you by the Lord. Write down what you think God might be saying to you.

Journaling / Notes