



Pastor J. Rob
Shepherd in a Shed

A LIFE THAT ROCKS #4—RUN, MAN, RUN

They Shall Run and Not Grow Weary

Sermon Study Guide



John 10:10

*A thief comes only to steal and to kill and to destroy.
I have come that they may have life and have it in abundance.*

Isaiah 40:30-31 HCSB

*Youths may faint and grow weary, and young men stumble and fall,
but those who trust in the Lord will renew their strength;
they will soar on wings like eagles;
they will run and not grow weary;
they will walk and not faint.*

Hebrews 12:1-2 (HCSB)

*Therefore, since we also have such a large cloud of witnesses surrounding us,
let us lay aside every weight and the sin that so easily ensnares us. Let us run
with endurance the race that lies before us, keeping our eyes on Jesus, the
source and perfecter of our faith, who for the joy that lay before Him endured
a cross and despised the shame and has sat down at the right hand of God's
throne.*

Know the Stakes — Hebrews 12:1-2, 22-24

Location: _____

Witnesses: _____

“The Race: Fulfilling to the maximum God’s _____ for _____ life in the
freedom of God’s _____ without the bondage of _____ or the weight of the _____.”

Drop the Baggage — Hebrews 12:1, 14-16; Romans 8:1-2

Things that weigh us down: _____

“_____ is the running clothes of the spiritual life – light weight, precision garments that not only
free us to run, but _____ us to run.”

Release the Restraints — Matthew 6:24; Hebrews 12:4-7; 1 Timothy 6:9-11

Things that tie us down: _____

“A _____ thing that takes the place of a _____ thing becomes a _____ thing.”

Run — 1 Corinthians 9:24-27; 1 Timothy 6:11-12

Focus, self-control, intentionality, discipline

Why would I want to Run?

Notes

Questions for Thought & Further Discussion:

1. What are the things that can weigh us down and make running difficult? How many of these are present in my life? What can I/we do to drop these weights so that we can run more freely? _____

2. What things stop us from running at all, cause us to leave the race? Am I in the race at all or am I on the sidelines? What do I need to do to get free so that I can run? _____

3. Since I'm in the race, what kinds of spiritual exercises do I need to do more of to improve my running ability? _

4. What would make me want to run? _____
