

Session 2:

“Less weight, more speed!”

24 June 2006
SFCC / STCC Joint Retreat
Camp Berachah, WA
English congregation

Sean Ho

Outline for this weekend

- Retreat theme: “Fixing our eyes upon Jesus”
 - Key verse: Hebrews 12:1-3
- Session 1 (Fri pm): “Cloud Watching”
 - Key verse: Hebrews 11, 12:1
- Session 2 (Sat am): “Less Weight, More Speed!”
 - Key verse: Hebrews 12:1-3
- Session 3 (Sat pm): “Tough Love”
 - Key verse: Hebrews 12:2-11
- Session 4 (Sun am): “The CHIME of Fellowship”
 - Key verse: Hebrews 10:19-25

Key verse: Hebrews 12:1-3

Therefore, since we are surrounded by such a great **cloud of witnesses**, let us throw off everything that **hinders** and the sin that so easily **entangles**, and let us run with **perseverance** the race marked out for us.

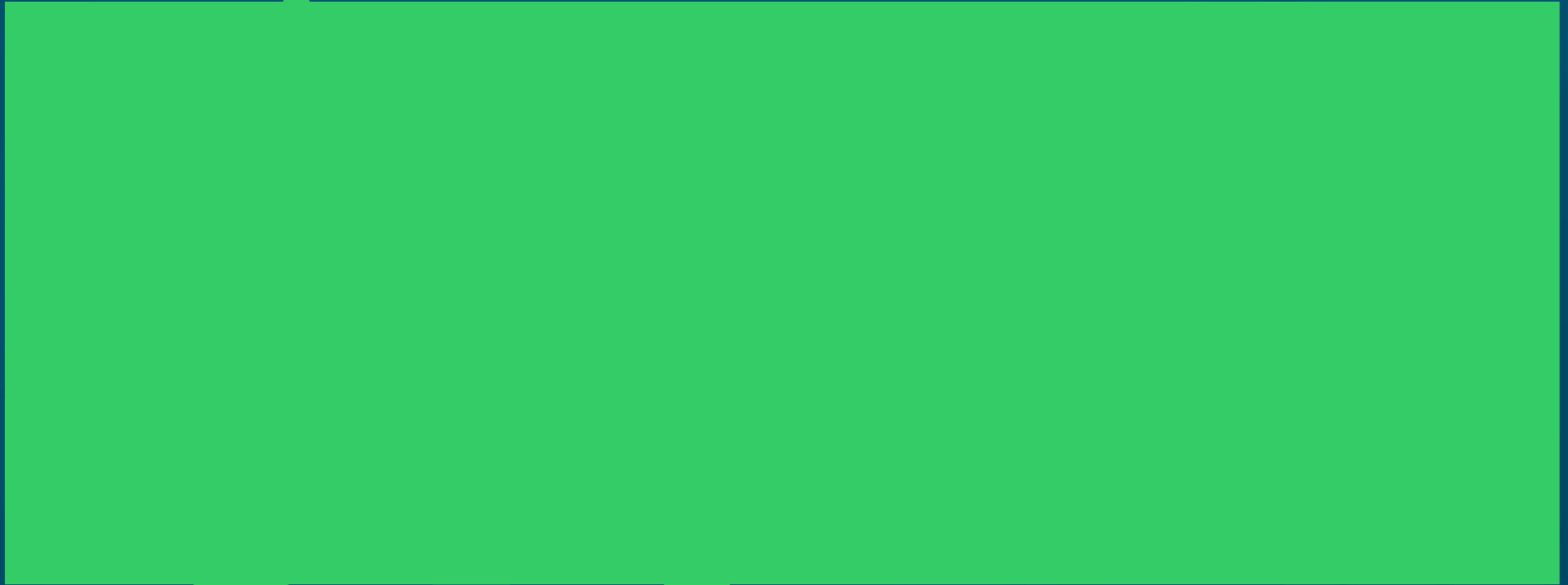
Let us fix our **eyes** on Jesus, the **author** and **perfecter** of our faith, who for the joy set before him endured the **cross**, scorning its shame, and sat down at the right hand of the throne of God.

Consider him who **endured** such opposition from sinful men, so that you will not grow weary and lose heart.

Memorize: Hebrews 12:1

Therefore, since we are surrounded by such a great **cloud of witnesses**, let us throw off everything that **hinders** and the sin that so easily **entangles**, and let us run with **perseverance** the race marked out for us.

Memorize: Hebrews 12:1-2



Key verse: Hebrews 12:1-3

Therefore, since we are surrounded by such a great **cloud of witnesses**, let us throw off everything that **hinders** and the sin that so easily **entangles**, and let us run with **perseverance** the race marked out for us.

Let us fix our **eyes** on Jesus, the **author** and **perfecter** of our faith, who for the joy set before him endured the **cross**, scorning its shame, and sat down at the right hand of the throne of God.

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- Listen to your cheerleaders
 - “cloud of witnesses” to God's faithfulness
- Dress lightly
 - Weights (*ongkon*) and entanglement (*euperistaton*)
- Run! (and keep running)
 - Race/struggle/fight (*agona*), persevere (*hupomoneis*)
- Keep your eyes forward
 - Keep-eyes-upon Jesus, not distractions

Small group discussion questions

- What have you **worked** hard for?
- “**Sprinter**” or “**marathon**”?
- **Weights?** **Entangling sins?** **Distractions?**