

TAKE 5! 5 VERSES, 5 QUESTIONS, 5 MINUTES BY MARY KANE

*"Lose the
Weight."*

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Please take a moment to quiet yourself before the Lord. Ask your heavenly Father to forgive you of any sin that is upon your heart and fill you afresh with His Holy Spirit. Now please read Hebrews 12:1-5.

According to verse 1, what are we to "lay aside" and what are we supposed to do?

We are supposed to lay aside any weight and sin that hinders us in our walk with Jesus.

What do you need to get rid of that is impeding your walk with Jesus?

Please read verse one again.

What will it take to run this race with Jesus (verse 1)?

Endurance. I am a runner and every runner knows about endurance. Endurance is not something that is easily developed; it is mental as well as physical. Walking or running with Jesus is not a downhill stroll, but God promises to equip us and anoint us for our journey.

While we are running this race of faith, where should we be focused (verse 2)?

The Greek word used for *looking* in verse two is *aphoraō*, which literally means "to turn the eyes away from other things and fix them on something." We need to turn our eyes not only from wrong television shows, movies and Internet sites but also from wrong relationships, influences and habits. Please read verse 4 again. Paul is making a point when he says, "We need to continue to resist these things even to the point of bloodshed," of how vital is that we rid our selves of sin so we can victoriously finish our walk with Jesus.

Why shouldn't we be discouraged when God disciplines us?

Because His chastening will make us more like Jesus, help us finish our race and will draw us closer to Him. He chastens us because He loves us.

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