



**SUMMER DAILY ENCOURAGEMENTS**

**Carstairs-Bancroft United Church**

*August 5, 2022*



Photo: Our Daily Bread

## TRAVELING LIGHT

*Let us run with perseverance the race marked out for us.*

Hebrews 12:1

### READ Hebrews 12:1-3

A man named James took an adventurous, 1,250-mile journey down the West Coast of the US—biking from Seattle, Washington, to San Diego, California. A friend of mine met the ambitious biker near the cliffs of Big Sur, 930 miles from his starting point. After learning that someone had recently stolen James' camping gear, my friend offered his blanket and sweater, but James refused. He said that as he traveled south into the warmer climate, he needed to begin shedding items. And the closer he got to his destination, the more tired he became, so he needed to reduce the weight he was carrying.

James' realization was smart. It's a reflection of what the writer of Hebrews is saying too. As we continue our journey in life, we need to "throw off everything that hinders and the sin that so easily entangles" (12:1). We need to travel light to press on.

As believers in Jesus, running this race requires "perseverance" (v. 1). And one of the ways to ensure we can keep going is to be free of the weight of unforgiveness, pettiness, and other sins that will hinder us.

Without Jesus' help, we can't travel light and run this race well. May we look to the "pioneer and perfecter of faith" so that we won't "grow weary and lose heart" (vv. 2-3).

By **Katara Patton**

### PRAY & REFLECT

**Heavenly Father, I thank You for the race You've set before me. Please give me wisdom and discernment to steer clear of the sin that tries to entangle me and prevent me from running well. Amen.**

What do you sense is weighing you down on your life journey? How might you persevere and be free of the weight that entangles?

### SCRIPTURE INSIGHT

The author of Hebrews never identified himself. Scholars have suggested Paul or even Barnabas, Luke, Clement, or Apollos. Whoever it was, the author clearly understood that his readers would need perseverance to face the trials and persecution they'd encounter. Throughout the book, readers are encouraged to endure and hold fast to Christ (2:1-4; 3:7-4:13; 5:11-6:2). And in 10:39, we're reminded that believers in Jesus "do not belong to those who shrink back and are destroyed, but to those who have faith and are saved." Then in Hebrews 11, known as the "Hall of Faith," the author commended the many men and women of the Bible who lived by faith and sometimes died because of it. Therefore, because of their witness and example, believers in Jesus are prompted to "run with perseverance the race marked out for [them]" (12:1). At the end of the book, we're given this promise: "Never will I leave you; never will I forsake you" (13:5). - By: **Alyson Kieda**

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