

RUN YOUR RACE



Word of the Week

Hebrews 12: 1-3

"As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us. Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne.

Think of what he went through; how he put up with so much hatred from sinners! So do not let yourselves become discouraged and give up."



Prayer for the Week

Dear Jesus, sometimes life is difficult. Help us to keep our eyes on you and to run the race that is before us, not comparing ourselves to others but focusing on who we are and who you created us to be. We make this prayer through Christ our Lord, Amen.

This week's Word of the Week gives us very clear advise and instruction about life and how we should live it. Life can feel like a race, and as we run this race there are plenty of obstacles and challenges along the way. We are called to focus on Jesus and turn to him when we need help to over come any obstacles we face.

We will experience joys and sorrow, ups and downs, challenges, and victories.

But we can have victory, no matter how many trials we face, if we fix our eyes on Jesus.

Because Jesus is our example.

We are also called to run our own race, no one else's. Therefore telling us clearly not to be distracted by others, and not to compare ourselves to others either but focus on who we are and the race set before us.

Back in 1992 the Olympics were held in Barcelona, Spain, and the world saw one of the greatest moments in Olympic history. Derek Redmond, a young man from Britain, had dreamed all his life of winning a gold medal in the 400 meter race. He had worked hard to get to the Olympics and his dream was within his reach. He was in the semi-finals and was running the race of his life. He could see the finish line just ahead as he rounded the final turn. Suddenly, he felt a sharp pain in the back of his leg and he fell to the track with a torn muscle in his right leg. As the medical attendants ran toward him, Derek struggled to his feet. He started to hop toward the finish line on one foot in an attempt to finish the race. Suddenly, a large man came out of the stands, pushed aside a security guard and ran to Derek's side. It was Jim Redmond, Derek's father. "You don't have to do this," he told his son. "Yes, I do," said Derek. "Well, then," said his father, "we're going to finish this together." And they did. They stayed in Derek's lane all the way to the end. At first, the crowd watched in silence. Then they rose to their feet and cheered -- and wept. Derek Redmond didn't win the gold medal, but he walked away with the incredible memory of a loving father who, when he saw his son in pain, left his seat in the stands to help him finish the race.

**WATCH THIS ICONIC MOMENT HERE
([CLICK HERE](#))**

That is what our Word of the Week is about today. It teaches us that life is like a race that has been set before us. We may struggle and face many obstacles, but we have a great crowd of witnesses who are cheering us on. We have a Heavenly Father who loves us and will help us when the pain is too great. We have Jesus, who left his place in heaven and came to earth to show us how to run the race. If we will keep our eyes on him, how can we help but finish the race?

YOU CAN ONLY RUN
YOUR OWN RACE.
STAY IN YOUR LANE.
DON'T LOOK AT WHAT
OTHERS ARE DOING.
THOSE THAT LOOK BACK IN THE
RACE USUALLY FALL OFF.

- OPRAH



*Run your Race,
Stay in your Lane*

We all have our race to run, there is no need to compare ourselves to others. We have our own gifts and talents, and our own goals to achieve.

Do you/have you compared yourself to others?

It is so easy to get caught up in what other people are doing and other people's idea of success. We were not created to all be the same person, we therefore should have the same understanding of success. Success will look different for everyone. We are called to run the race set before us, not the race set before someone else.

What are your gifts and talents? What are your goals for the year? We all have our own race to run, how can we support each other?

WATCH THIS ([CLICK HERE](#))

Run your own race, stay in your lane.

