



Lesson 11 “Past, Present and Future” Teacher: Beth Seifert

Over and over, Paul uses the imagery of a race. (Acts 20:24, 1 Corinthians 9:24-27, Galatians 2:2, 2 Timothy 4:7-8, Hebrews 12:1)

Have you ever seen a runner running while looking backward? Or a runner running a race backward? What is the result?

Describe what a runner sees when he looks forward toward the finish line as he runs. What things must he NOT pay attention to as he runs?

A runner must ignore the crowd, but must be aware of (although not restrained by) the course he is running, the other runners on the course, and he must be attentive to the directions /reminders of his coach as he runs. What are the things in your life that fall into the “crowd” category?

Who are you running the race with? How can you encourage your fellow runners?

What obstacles may lie on *your* course?

Read Acts 20:24. Who should your coach be?

Read Hebrews 11:13-16, 1 Peter 1:17-21, 1 Peter 2:11-12. Where is our citizenship?

Without Christ’s blood to cover us, we all live as enemies of the cross. We are enemies of God. (Colossians 1:21, Romans 5:9-11) It is not until we accept Him as our Savior and we are covered with His blood that we are no longer enemies of the cross. When we live for our stomachs, we are not living as if we are in a race.

Instead, we are living as part of the crowd, watching the race go by. In order to join the race, we must start exercising our spiritual muscles by spending time in His Word, praying and praising our heavenly Father and our Savior!

Which of these spiritual muscles do you need to exercise most today? Spend some time today strengthening those muscles for the race you are running.