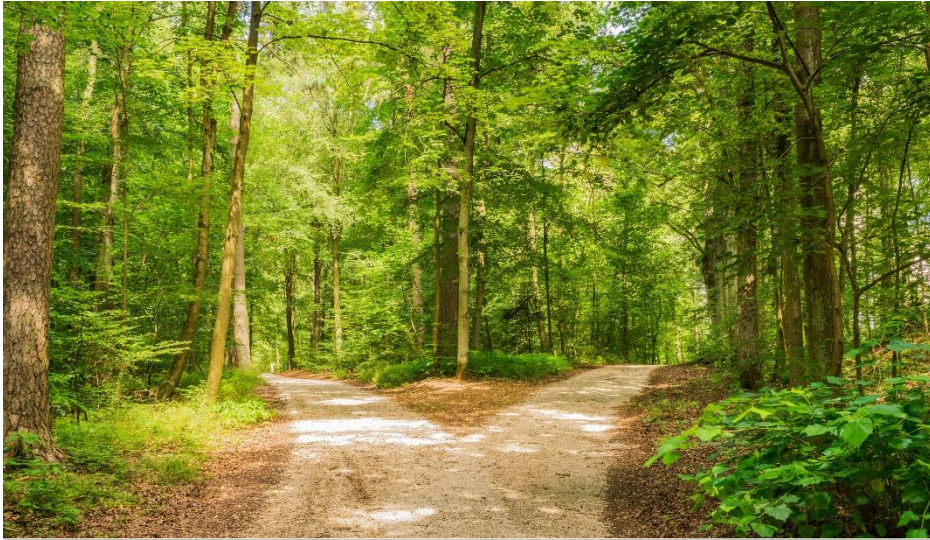


## Sunday – February 1, 2026 – “Keep Moving Forward”



### “U-Turns” Hebrews 12:1-13

What comes to your mind when you hear the phrase, “the road gets hard?” Excitement? Fear? Anxiety? Is your natural tendency to slow down, or drive over the bumps fast?

Everyone will face a moment in life when life does not go the way you plan or desire. These “U turns” can shape us or break us. How does God use these unplanned journeys in the shaping of our lives as disciples, and should I avoid them?

When the road gets hard, remember you are not running \_\_\_\_\_.  
(Hebrews 12:1)

Scan through the list of names in Hebrews 11. What do their stories hold in common with each other? What can I learn from their stories?

Who are the people who are running with me?

We are surrounded by a great cloud of \_\_\_\_\_.

They remind us that faith is possible even when life is difficult.

Let us throw off everything that \_\_\_\_\_ us and the sin that so easily \_\_\_\_\_ us. (Hebrews 12:1)

What sins am I holding onto that can/do entangle me today? Why do I keep holding on when they are holding me back?

What am I holding onto that God is asking me to release today?

Some things are not sinful, but they are still \_\_\_\_\_.

Fix your eyes on \_\_\_\_\_, the pioneer and perfecter of our faith.  
(Hebrews 12:2)

How am I holding onto the pain I feel rather than onto Jesus?

Jesus endured the cross for me. How is that encouraging for me?

If I stare at the storm I will sink. What storm is in front of me?

Jesus endured the \_\_\_\_\_ for the joy set before Him.

God may not be \_\_\_\_\_ you, but \_\_\_\_\_ you.  
(Hebrews 12:5–11)

*“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace...”* (Hebrews 12:11)

Do I see discipline more as punishment or training? How can changing my view help when life gets hard?

\_\_\_\_\_

When the road gets hard, we are called to lift my \_\_\_\_\_ and not quit.  
(Hebrews 12:12-13)

The race is not about speed, but about \_\_\_\_\_.

### THIS TIME TOMORROW

- What sin, habit, attitude, may God be asking me to throw aside today that is holding me back?
- How would God have me run my race today?
- Who will I ask to run with me?