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How to Run Well (Part 1) ***Hebrews 12:1***

Introduction: Why _____ are valuable to us:

- 1) _____ encourage us that someone has _____
- 2) _____ give us an _____ to _____
- 3) _____ strengthen us with their _____

Seven Do's and Don'ts of Running the Race of Faith

- 1) Don't _____ too much _____
- 2) Don't get _____
- 3) Do run at the _____
- 4) Do run _____
- 5) Don't run _____
(Philippians 3:12-14)
- 6) Do run for the _____
(1 Corinthians 9:24-25)
- 7) Do remember, you never _____
(Hebrews 13:5)