

## **MSG: THE ART OF RUNNING WELL**

**Scripture: Hebrews 12:1-3 NLT**

### **SZN 2: RUN WITH JESUS RVLST**

**Hebrews 12:1-3 NLT**

**“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne. Think of all the hostility he endured from sinful people; then you won’t become weary and give up.”**

Intro: Running Crazy, Well

Structures for emotional health

Running from a dog.... versus

Running through the airport...versus

Running for leisure...

They’re all running...the circumstances are different, the intention is different and consequences are different.

How do we practice the Art of Running well...

### **A -ABIDE IN HIM**

**John 15:4 NKJV**

**“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.”**

Your relationship with Jesus is vibrant, living and honest.

### **Spiritual activity doesn’t replace abiding in Jesus**

-Ministry, Devotionals, Reading, Worship music all are great. But you can be doing all the those thing

Abide in Him:

1. Honest when you're not?
2. How is your fruit?
3. Health matters

Emotional health is most critical!

**YOU ARE A HUMAN BEING NOT A HUMAN DOING**

**R- REST IN HIM**

**Matthew 11:28 NASB**

**Come to Me, all who are weary and heavy-laden, and I will give you rest.**

Rest should be:

1. **Regular- Weekly schedule**
1. **Routine - Ways that you rest.**
1. **Ritual- What do you do to enjoy pleasure.**

**WORKING MORE WILL NOT WORK**

**PRODUCING MORE WILL NOT PROFIT"**

**T - THERAPY WITH HIM**

**Proverbs 15:22 NIV**

**"Plans fail for lack of counsel, but with many advisers they succeed."**

Advise for Therapy:

1. **Personal Therapy - continued emotional health**

**1. Relational Therapy - (single/married/family)**

**1. Transition Therapy - navigating significant life changes, transitions and traumas**