

Therefore, since we are  
surrounded by such a  
*great cloud of witnesses,*

**let us throw off**

everything that hinders  
and the sin that so easily entangles.

And **LET US RUN**

**WITH PERSEVERANCE**

the race marked  
out for us.

HEBREWS 12:1 (NIV)

## **Table Group Sharing Guidelines:**

- When it is your turn to share, please take no more than a few minutes so that each person at the table has an opportunity to share.
- You can only change yourself, therefore the focus of this group is your own life. Please refrain from blaming others for your problems or pointing fingers at others. Please concentrate on your own life and refrain from focusing on other people and their problems.
- Please refrain from speaking negatively about others including your spouse, children or extended family members. You can share about a hurt you have experienced but no names please.
- Sharing anything about someone, when the act of sharing it is not part of the solution to that person's problem, is gossip. Please refrain from gossip.
- Prayer is the most important element of our time together! It is through prayer that we build our relationship with God and He changes us on the inside. The focus of this group is mainly our own personal growth, therefore our prayer requests should reflect this.
- Please remember the importance of confidentiality.

# The Starting Point

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us. Hebrews 12:1 (NIV)

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## A. Cloud of Witnesses

- Primary Cloud - Family
- How do we impact our kids on a daily basis with Christ?
  - find joy in sorrow
  - make large decisions with prayer
  - invest in our marriages
  - spend time in daily devotions
- We want to be a good witness BUT things pull us away, weigh us down, distract us, such as:
  - SLEEP
  - EXPECTATIONS (of ourselves and of our children)
  - STUFF (busy life)
- We need to “throw off everything that hinders and the sin that so easily entangles”
- HOW? Confession

# PRAYER SHEET

1. Spend some time in thanksgiving, thanking God for His power over sin (*how has He already freed you?*).

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2. Bring to His feet the things in your life that feel out of control.

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3. Confess anything that comes to mind and surrender to His will (*e.g. things that have been done to you or things that you have done, weights that you are carrying*).

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4. Ask God if there are any steps you need to take in the next week to further deal with this. Write them down and commit to follow through on them.

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## **B. Designed for a Purpose**

- All you have to be...is YOU!

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## **C. Maintain your Lane**

“Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.” Proverbs 4:25-27 (NIV)

- Comparison = losing focus
- Judgement = losing focus

## **PRACTICUM**

- Complete the Uniqueness Summary on the following page
- Read Psalm 139

### *Psalm 139*

<sup>1</sup>You have searched me, Lord, and you know me. <sup>2</sup>You know when I sit and when I rise; you perceive my thoughts from afar. <sup>3</sup>You discern my going out and my lying down; you are familiar with all my ways. <sup>4</sup>Before a word is on my tongue you, Lord, know it completely. <sup>5</sup>You hem me in behind and before, and you lay your hand upon me. <sup>6</sup>Such knowledge is too wonderful for me, too lofty for me to attain. <sup>7</sup>Where can I go from your Spirit? Where can I flee from your presence? <sup>8</sup>If I go up to the heavens, you are there; if I make my bed in the depths, you are there. <sup>9</sup>If I rise on the wings of the dawn, if I settle on the far side of the sea, <sup>10</sup>even there your hand will guide me, your right hand will hold me fast. <sup>11</sup>If I say, "Surely the darkness will hide me and the light become night around me," <sup>12</sup>even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. <sup>13</sup>For you created my inmost being; you knit me together in my mother's womb. <sup>14</sup>I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. <sup>15</sup>My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. <sup>16</sup>Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. <sup>17</sup>How precious to me are your thoughts, God! How vast is the sum of them! <sup>18</sup>Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you. <sup>19</sup>If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! <sup>20</sup>They speak of you with evil intent; your adversaries misuse your name. <sup>21</sup>Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you? <sup>22</sup>I have nothing but hatred for them; I count them my enemies. <sup>23</sup>Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup>See if there is any offensive way in me, and lead me in the way everlasting.

- Ask God why He made you with the skills, abilities and personality He did:

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## **TAKE HOME**

Ask God to show you how you can use your uniqueness to bless your home / marriage / family or other relationships this next week? Next month? Next year?

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### **FURTHER READING:**

- Own Your Life - Sally Clarkson
- Website: [intentionalbygrace.com](http://intentionalbygrace.com)