



# FAITH FULL

FUELING YOUR FAITH IN A WORLD ON EMPTY

# RUNNING YOUR RACE



*As for us,  
we have all these **great witnesses**  
who **encircle** (clothe) us like clouds.  
So we must **let go** of every **wound** (weight) that has  
**pierced** (hindered) us and **the sin** we so easily **fall** into.  
Then we will be able to **run** life's **marathon** race (**agony**)  
with passion and determination (**perseverance**).  
for **the path** has been already **marked out** before us.  
(the race **personally appointed** to each of us).*

Hebrews 12:1 TPT





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**MESSAGE 9: ONE STEP AT A TIME**

# THE **MARATHON** STORY



# HOW MANY STEPS?

*Given that the **average stride** length is **30 inches** and there are **63,360 inches** in a **mile** here is the **marathon math answer** to the **step question**.*

$$63,360 \text{ inches/Mile} \times 26.2 \text{ miles} / 30 \text{ inches} \\ = 55,334 \text{ Steps}$$



# THE **CUMULATIVE** EFFECT



**THE FIRST STEP  
IS THE HARDEST**





One of the reasons we *don't* end up taking the *first step* until it feels *too late* is because we have *good intentions* of taking that *first step* for a *long time*.

Ask anyone whose *weight* has *spiraled* out of control, and they'll tell you they didn't *mean* for it to *happen*.

Countless times they've *told* themselves they were *going* to make *changes*. ... They had *good intentions* but now it *feels* too late.

Good intentions have a way of making us *feel like* we've done *something* when we haven't really done *anything*.

We *pat* ourselves on the *back* for having good intentions, but we've *never* actually taken a *first step*. ... Don't convince yourself that your *good intentions* are the first step.

You can have good intentions and *never move* an inch.

Kyle Idleman: Don't Give Up



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# ATHLEISURE



# THE PRINCIPLE OF THE PATH

Direction - not intentions

*(hopes, dreams, aspirations, prayers, beliefs ...)*

- determines our destination.

Simply put, you and I will win or lose at life  
by the paths, we choose.

*(relational, financial, spiritual, physical, ...)*

Andy Stanley – The Principle of the Path



“**ACCIDENTS** HAPPEN”



Then he (*Jesus*) said to them all (*the twelve*):  
“Whoever wants to be *my disciple* (follow me)  
must *deny themselves* (you’re not in the driver’s seat)  
and take up their cross daily (endure) and *follow me*.  
For whoever wants to *save* their life will *lose* it,  
but whoever *loses* their life for me will *save* it.  
What *good* (profit) is it to *gain* the whole *world*  
(i.e., wealth, fame, success and accomplishments),  
and *lose* or forfeit your *very self* (destiny)?”

Luke 9:23-25 NIV



# THE LAW OF SOWING & REAPING



*Do not be **deceived**: God is not mocked.  
A man **reaps** what he **sows**.  
Whoever **sows** to please their **flesh**,  
from the flesh will **reap** destruction;  
whoever **sows** to please the **Spirit**,  
from the Spirit will **reap** eternal life.  
Let us **not** become **weary** in **doing good**,  
for at the **proper time** we will **reap** a **harvest**  
if we do not **give up**.”*

Galatians 6:9 NIV



*The **finish** line is **closer** than you think.*





# **DISCOVERY** BIBLE STUDY

*How to build an enduring, go the distance faith ...*

## **THE BOOK OF HEBREWS**

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**Read** Hebrews 9: 1-28 (3-6 Translations)

**DBS:** Hebrews 9:22-28 (7 verses)

**(Three-Column Study)**

