

KEEP RUNNING

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Hebrews 12:1–3

There is a moment runners call the “**second wind**”—a sudden surge of strength that helps them keep going. Spiritually, the Holy Spirit releases a second wind in us too, renewing weary hearts and restoring endurance. The writer of Hebrews urges us to run with endurance (Greek *hupomonē*—to remain under pressure without quitting), because breakthrough often comes right after the moments we feel like giving up.

To run well, we must **lay aside every weight**—not only sin, but distractions, discouragement, and emotional burdens that drain momentum. Then we run by **fixing our eyes on Jesus** (Greek *aphorāō*—to look away from everything else): He is both the **Author** and **Finisher** of our faith. Jesus endured the cross, shame, and hostility “for the joy set before Him”—and when we consider Him, strength rises again.

God comforts His people in Isaiah 40:1–5: “You have suffered long enough... every valley will be lifted up, the rough places made smooth, and the glory of the Lord will be revealed.”

Your valley is not final. Your rough place is not permanent. Glory is coming. **Keep running—your second wind is near.**

APPLICATION – R.U.N.

Release the weight - Ask the Holy Spirit to help you drop whatever slows your pace—fear, comparison, or distraction.

Unto Jesus, look again - Start each morning by turning your eyes back to Him—your Source and Finish Line.

New strength in the Spirit - Let the Holy Spirit breathe fresh endurance as you pray, especially in the Spirit.

This week: Run lighter, run focused, and run with fresh wind—your breakthrough is on the way.

PRAYER

Jesus, breathe Your second wind into my spirit today. Lift every weight, renew my focus, and strengthen me to run with endurance. Make the rough places smooth and reveal Your glory in my life. I choose to keep running with my eyes fixed on You. Amen.

Making It Personal:

1. **Insight** – What is ONE new insight the Holy Spirit has given me?
2. **Conviction** – Something pierced my heart or convicted me? Take action now!
3. **Share** – Received something I want to share with someone else?