KEEP YOUR EYE ON THE PRIZE

It's easier to run without baggage.

KEY POINTS

- Every one of us is running a race. Whether we think about it or believe it or not, each one of us is running a race that has eternal consequence.
- The race is two-fold: a physical one in which we try to get ahead in this world, and a spiritual one in which we grow in the grace and knowledge of our Lord and Saviour Jesus Christ. In each case, we have a very important part to play in the outcome of our race.
- In 1 Corinthians 9:24-27, Paul was using the idea of a physical race to make a spiritual point. In the physical race, only one runner wins the race and gets the prize. In the spiritual race, we're all running our own race so that we all can win a crown that lasts forever. Physical and spiritual, you need to keep your eye on the prize.
- The Bible says that "everyone who competes in the games goes into strict training" (1 Cor. 9:25). If you want to be a professional athlete, strict training is essential.
- Professional athletes train for countless hours. Their training includes skill development, strength, endurance, recovery, and nutrition. Without this disciplined preparation, they cannot compete successfully or achieve their goal.
- The training is not aimless or undisciplined. Rather, it is focused, organized, self-controlled, and disciplined. Years of training may culminate in a race lasting only seconds.
- If so much effort, concentration, and intentionality are put into a physical race, how much more should be done for a spiritual race that determines where we spend eternity?
- The Bible says in 2 Timothy 2:15 (KJV), "Study to shew thyself approved unto God…." When we study to show ourselves approved, we enter the training field. We know that life is not a sprint; it is an endurance marathon filled with hills, valleys, hurdles, and seasons where we cannot see the finish line. In all of this we have to keep focused on the Word of God and continue to run our race as we keep our eye on the prize—the "crown that will last forever" (1 Cor. 9:25).
- What happens if we get tired while running and want to give up? How do we keep from quitting when the spiritual road gets rough? Hebrews 12:1 gives us direction by way of a two-fold plan of action, instructing us to: 1) "throw off everything that hinders"; and 2) throw off "the sin that so easily entangles." In order to run properly, we need to throw off everything that hinders.
- The Greek word for hindrance, *ógkos*, refers to a weight or burden. They slow runners down. Weights are things that hinder spiritual growth, such as materialism, excessive entertainment, or too much time on technology and social media. These things can keep us from prayer, Scripture, and church involvement.
- "Throw off everything that hinders!" Whether it be an over-reliance on people, or a constant need of validation even when you're doing the wrong thing, throw it off.
- Unhealthy and unholy relationships can slow you down or cause you to veer off course. Some relationships may need to end so you can run your race freely.
- Are you holding a grudge or harboring resentment toward others? These are hindrances. Let them go, so you can run.
- Dwelling on past failures and living in anxiety can be hindrances. Put away negativity. Hope in God and keep your eye on the prize!
- Has your run become a walk or your walk a crawl because you're not letting go of some things God has specifically instructed you to throw off? This hindrance can pull you away from God's purpose for you and can cause you to die spiritually. Keep your eye on the prize and remain focused under the power and direction of the Lord.
- In order to run our spiritual race swiftly and efficiently, we need to "throw off…the sin that so easily entangles" (Heb. 12:1). The biblical definition of 'entangle' is "a state of being trapped, twisted; blind judgment; hinders spiritual growth."
- Sin separates us from God, stunts spiritual growth, and dulls spiritual senses, which prevents us from becoming everything God has created us to be. Throw off sin so you can run the race set before you and win the crown. Keep your eye on the prize!
- Galatians 5:19-21 lists the works of the flesh that are sin and that can cause a detour in our race. Sin is dangerous because it can be enticing and intoxicating. It may give a temporary thrill, but its end is harmful. We need to throw these things aside so that we can inherit the Kingdom of God.
- As we keep our eyes on the prize, we need to run our race with perseverance. A cloud of witnesses has gone before us. They have passed the baton to us to continue the race faithfully and diligently.
- God expects us to run our race on the track that He carved out for us. He does not expect us to run someone else's race.
- God has designed a unique path for every believer—your "marked race." Your struggles, your calling, and your timeline are custom-tailored for your spiritual growth. Comparing your race to someone else's will only lead to discouragement.
- Keep your eye on your prize and run. Run with perseverance, with tenacity, putting one foot in front of the other even when you don't "feel" like being faithful.
- It's not how you start that matters, but how you finish.

KEY SCRIPTURES:
1 Corinthians 9:24-27; Hebrews 12:1-2a
(all scriptures in text are in NIV unless otherwise noted)

DISCUSSION/REFLECTION TOOLS

1. Hebrews 12:1 instructs us to "throw off everything that hinders and the sin that so easily entangles." What are some "hindrances" that can slow one's Christian race?
2. Has there been something you have thrown off in order to run your race more effectively? Share, if comfortable. What difference did you notice in your life after that hindrance was tossed aside?
3. Read 1 Corinthians 9:24-27. What lessons from athletic training can help us in our spiritual walk? What Scriptures do you use as part of your daily "training regimen"?

PRAYER TIME
Heavenly Father, help us to stay focused on You and run the race You have set before us. Amen.

Start-up: Have you ever competed in a race and either won or lost? What helped you succeed or caused you to struggle?

WEEK OF SUNDAY, NOVEMBER 8, 2026

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

(Reminds me/Confirms) (New idea) (Think about)

(Do this) (Speaks to my heart) (Must share)

PRAYER NEEDS/THANKSGIVINGS

Go deeper with your Life Group family.
CONNECT-REFLECT-DISSECT THE WORD

PRAYER FOCUS: U.P.C.I. leaders and their families

24-hour Prayer: Daily;
Daily Devotions: Monday - Friday @ 6:30 a.m. & 9:00 p.m.;
Departmental Prayer: Every **Thursday** (please check schedule)
Corporate Prayer: Every **Friday** @ 7:00 p.m. (and in person every second Friday @ 9:00 p.m. - 3:00 a.m.).
Zoom ID: 898 3191 5909 **Phone Access:** 647-374-4685

FAITH SANCTUARY DONATIONS
To donate online, please go to www.faithsanctuary.com/give
For email transfers, please use donate@faithsanctuary.com

ANNOUNCEMENTS

WEDNESDAY CORPORATE BIBLE STUDY
Date: Every Wednesday @ 7:30 p.m. on Zoom and in person. *Contact Pastor Chris Simpson for further information.*

FAITH GALA
Save the date! Join us on Friday, November 20th at 7:30 p.m. for our Faith Gala. Our theme this year: "Anchored in Hope". Tickets are on sale now and can be purchased online or at the Guest Service Hosts' desk in the front foyer. *For more information, please contact Pastor Lucy.*

STOREHOUSE
The following items are needed in the Storehouse: corned beef, sweet milk/evaporated milk, sardines, tuna, baked beans, oil, toothpaste, and coffee. Your generosity is greatly appreciated.
Contact: Bro. Richard or Sis. Naomi Daley



FAITH SANCTUARY WEEKLY SERVICES

Sunday Bible Study @ 10:00 a.m.
Sunday Worship Service @ 11:00 a.m.
(Listen via phone: 1-844-268-4848)
Monday Berean Bible Study @ 6:30 p.m.
(Zoom, Facebook, YouTube)
Wednesday Bible Study @ 7:30 p.m.
(In person and via Zoom)
Friday Evening Service @ 8:00 p.m.
(In person and via Zoom)
Life Group Meetings – individually scheduled
(see ushers for information)

FAITH FOUNDATIONS

GOD
We believe there is only one God: the eternal, holy, loving, all-knowing, all-powerful, omnipresent Spirit, creator of all (Deuteronomy 6:4; 1 Timothy 1:17; Leviticus 19:2; 1 John 4:8; Hebrews 4:13; Revelation 19:6; Jeremiah 23:24; John 4:24; Isaiah 44:24; Colossians 1:16).

GOD'S WORD
We believe the Holy Scriptures—The Bible—is God's true and complete Word to humanity, verified most notably through fulfilled prophecies concerning Jesus Christ (2 Timothy 3:16; 2 Peter 1:20-21; Isaiah 41:21-23, 42:8-9, 46:9-10; Luke 24:25-27; John 17:17).

GOD'S CREATION
We believe all people were created in the image of God for His pleasure, to be His children, His church and His bride, living in eternal love and fellowship with Him (Revelation 4:1; Genesis 1:27; John 1:12-13; Romans 8:16; Ephesians 5:25-32; Revelation 19:7).

HUMANITY'S FALL
We acknowledge that we have all sinned and failed to fulfill God's plan and purpose for our lives, through willful disobedience to the word of God and our own conscience. All sinful acts lead to separation and alienation from God's pure, holy presence, eventually resulting in both physical and spiritual death (Romans 3:23, 6:23a).

THE GOSPEL
We believe that Jesus Christ is the Almighty God, fully divine and fully human (1 Timothy 3:16). He came to Earth and suffered death by crucifixion, willingly substituting Himself for us in receiving God's judgment against sin (Isaiah 53:5). But God raised Him from death (Acts 5:30), and He now offers eternal life to all who will believe in Him (John 3:14-17, 6:29; 2 Corinthians 5:18-21; Romans 6:23b; Ephesians 2:4-9). Faith is sparked within us when we hear the gospel, the "good news" that Jesus died, was buried and rose from the dead for our benefit (Romans 10:14-17; 1 Corinthians 15:1-4).

OUR FAITH RESPONSE
Hearing the gospel is intended to lead us to repentance, a divinely inspired change of heart that causes us to turn away from our sins and turn to God (2 Corinthians 7:9-10; 2 Timothy 2:24-26). Faith and repentance lead us to obey the scriptural command to be baptized in Jesus' name for the forgiveness of our sins and to receive His gift of the Holy Spirit. His Spirit gives us the power to live a righteous, godly life, joyfully sharing the good news of our new life in Christ with others (Mark 16:16; Acts 2:38, 4:12; 1 Peter 1:22-23).

CHRIST'S RETURN
We believe our Lord Jesus Christ will soon return to Earth to receive His people to Himself and establish His righteous, eternal kingdom (John 14:3; Matthew 25:34).

NOVEMBER 8, 2026

Faith SANCTUARY

Feed Canada to Feed the World



Pastor:
Rev. Adrian W. Peel

"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, fixing our eyes on Jesus, the pioneer and perfecter of faith…."
"Run in such a way as to get the prize…."
Hebrews 12:1-2; 1 Corinthians 9:24 (NIV)

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