

DAY 1 — ENTERING THE RACE

Core Value: Scripture



Hebrews 12:1 (CSB)

“Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us...”

You cannot run well until you understand the race you are in.

Hebrews 12 opens with a *therefore*—a signal that this call to run is rooted in everything that has come before it. The author is not introducing a new idea but drawing a conclusion from the long testimony of faith in Hebrews 11. In other words, the race of faith does not begin with us. We step onto a course already marked by others who have run, struggled, failed, endured, and trusted God before us.

Scripture is what tells us *what race we are running*. Without it, we are left to define the Christian life by feelings, circumstances, or cultural expectations. But the Bible refuses to let us invent our own course. It names the destination, identifies the obstacles, and reminds us that faithfulness—more than speed or success—is what pleases God.

The phrase “*the race that lies before us*” implies intentionality. This is not a random sprint or a casual jog. It is a purposeful, God-designed course. Scripture anchors us to that reality. When we neglect Scripture, we often try to run a race God never asked us to run—chasing approval, comfort, or achievement rather than obedience and faith.

The “cloud of witnesses” does not exist merely to inspire us. Their stories—recorded in Scripture—serve as evidence that God is faithful across generations. They remind us that endurance is possible, that suffering is not wasted, and that trust in God is never misplaced. Scripture trains us to see our lives as part of something much larger than our present moment.

Before we ever talk about speed, strength, or endurance, Hebrews begins by grounding us in **the Word**. Scripture is the starting line. It sets the direction. Without it, we may be running hard—but not faithfully.

Core Value Practice — Scripture

Let Scripture set the course, not just the mood.

Many believers turn to Scripture primarily for encouragement or comfort. While Scripture certainly offers both, Hebrews invites us to see the Word as *formative*. It shapes how we think, how we endure, and how we understand our purpose.

Today’s practice is not about reading quickly or checking a box. It is about learning to approach Scripture as **training**, not information.

Practice Steps

1. Slowly re-read Hebrews 12:1.
2. Ask these questions as you read:
 - What does this passage tell me about the nature of the Christian life?
 - What assumptions about faith does it challenge?
 - What kind of runner does God seem to value?
3. Write down one phrase from the verse that feels particularly weighty or challenging.

Let Scripture *define* the race before you try to run it.

Reflection Questions

Take time to sit with these—don’t rush.

1. When you think about your Christian life, what metaphors do you usually use (survival, duty, growth, comfort)? How does the image of a race challenge or clarify that?
2. In what ways have you allowed culture, comparison, or personal expectation to shape your understanding of faith more than Scripture?
3. Who are some “witnesses” (biblical or personal) whose faith encourages you to keep running?

Daily Action Challenge: Choose training over convenience.

Set aside **10 uninterrupted minutes** today to read Scripture without multitasking. No notifications. No agenda beyond listening.

Before you read, pray this simple prayer: “God, shape how I run.”

After you read, write one sentence beginning with: “Based on Scripture, the race God has set before me looks like...”

Guided Prayer

God,

Thank You for not leaving me to guess what faith looks like. Thank You for giving Your Word to guide, correct, and strengthen me. Teach me to see Scripture not as optional encouragement, but as essential training for the race You’ve set before me. Give me humility to learn, patience to endure, and faith to trust that Your way leads to life. Amen.