

Embrace
Holy
Living

RE- FLECTING GOD

06/15/22 - Training Partners

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Hebrews 4:8-13

There's an old African proverb that says, "If you want to go fast, go alone. If you want to go far, go together." As a distance runner, I've found this to be true. I've run my fastest races when I've run alone, but I've finished my longest races when I've run with friends. Going together makes a difference.

The author of Hebrews understood this as well. In Hebrews 4:11, we read, "Let *us* ...make every effort to enter (God's) rest" (emphasis added). Much like a training partner for a physical race, we all need a training partner for our spiritual race. This training partner spurs us on in our faith when we feel like giving up before crossing the finishing line of faith. A training partner can encourage us when we lack the courage to take another step forward. A training partner can help us go the distance.

An excellent question for us to ask ourselves might be, "Who am I currently helping to cross the finish line in their obedience to Christ and who is helping me?"

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