

August 14, 2016
It's a sprint, right?
Read Hebrews 12: 1

Roots

I want to take a minute to thank all of you for your hard work around here. Whether it's volunteer hours, monetary contribution or loving with abandon, you all excel greatly. For this, I thank my God in heaven for all your hard work and partnership with me in the Gospel. Now that that's out of the way, DON'T OVERDO IT!!! It is too easy to come to church with the mentality that we're going to be super involved because we love Jesus and we're on fire and grandma would be so proud. But, just as in anything we have to be mindful of ourselves and take care of ourselves.

The writer of Hebrews says, "run the race with endurance." He encourages us to lay aside every sin and *weight* that clings to us. We hear every week how we are to lay our sins at the foot of the Cross; we hear repetitively that we can cast our worries on Jesus; and we hear *ad nauseam* to surrender our burdens to Christ for his is a light yoke. But, how often do we equate that with the work pastor encourages us to undertake in the church? How often do we recognize that weights and burdens and worries don't just come from the bad stuff in our lives? Maybe, you're good at understanding this. But, statistically you're not.

Today, I want you to consider those weights that the church puts on you. For example, "give more money for this, that and the other thing." Or, "We need more volunteers." Or, "You're the only one who knows how to do that, so we need *you*." These are things that we have heard or experienced in some way I think, whether it was here at church or at work. In some way or another, some "good cause" has called us to stretch ourselves pretty thin.

Beware of this in the church, because this is a recipe for burnout.

Now before I get all of you going on vacation at the same time, let me

explain my thoughts a little more. Hebrews 12 states that we are to run the race with endurance, casting aside all of those weights we bear with our eyes on the founder of our faith, Jesus the Christ. It was he that endured death for the joy of our salvation and now sits enthroned. His endurance is our model. Jesus ran his race with perfect timing, not going to Jerusalem until it was time, taking moments to eat and rest and teach. Then at the perfect moment he died for you, securing your salvation.

So, your victory is won, all that's left is the run. Knowing your place on the top of the victors' platform is secured, I want you to keep two things in mind as you endure towards that goal. First, pace yourself. Just as our Lord and Savior took time to eat and teach and rest, so too can you. In other words, it is okay to say "No" or "NO!" when you need to take a break. The second thing I want you to remember is this, when you know what the end is the journey is always easier. We don't always have to work at break-neck speeds, simply because we know the ultimate victory is won in Christ. We can take our time getting there, trusting that God's timing is always perfect. So, run this race bearing Jesus to the world with your words and actions, but run with endurance. Run with endurance to know when to slow down (and that it's okay to slow down) and run with endurance to survive and thrive through all the trials of this life.

Pastor *Carl Jh*

