

Take Out the Paper and The Trash

Exodus 16:14-21

Hebrews 12:1-2

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I. The writer of Hebrews reminds us that there are some things we need to _____
_____.

A. Throw off those things that _____
_____ or weigh us down.

B. The word hinder can mean:

1. _____

2. Bulky clothing

C. What are those things (sins) that weigh us down?

1. _____

2. Lack of genuine _____ or
_____ life

3. _____ can be another form of these sins.

4. Some are encumbered with _____
or _____.

5. For others, our sin is _____.

II. How do we run the race before us?

A. Know _____ you are going.

B. Know _____ you can trust God on this journey.

C. You should know what _____ to run the race.

D. Know _____ we are to run the race.