



WHEN YOU'RE NOT SURE IT'S WORTH IT

PRECEPT

Hebrews 12:1-3

³ 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, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

PROMISE

What happens when the race becomes longer than you expected? When you begin asking, “Is this still worth it?” Discouragement can make us question whether our efforts are making a difference. We’re tempted to quit—not because God is finished with us, but because we’ve grown tired of waiting for the fruit.

What if God is doing something we cannot yet see? What if we’re closer than we realize? The writer of Hebrews compares the Christian life to a race, not a short sprint, but a long-distance race that requires endurance like a marathon. There will be moments when we feel strong, and moments when we feel tired, discouraged, and tempted to quit. And that’s what Hebrews 12 encourages us to do: it teaches us how to keep running when we are no longer sure it is worth it.

REMEMBER THOSE WHO RAN BEFORE US. When you feel like giving up, remember that others have travelled difficult roads before you—and God remained faithful to them. Noah would tell us: “Keep obeying, even when people do not understand you.” Moses would tell us: “Keep choosing God, even when obedience requires sacrifice.” Their stories remind us that discouragement is not unique to us. Others have grown tired of waiting and wondered if their faithfulness was making a difference—yet they kept running.

REMOVE WHAT KEEPS US FROM RUNNING. To keep running, we must leave behind unnecessary weight. In life, what we carry can slow us down, drain our strength, and tempt us to stop. Some of us are exhausted not only because the race is difficult, but because we are carrying things God never intended us to carry. Sin is always wrong and must be surrendered, but not everything that hinders us is necessarily sinful. You cannot run freely while holding tightly to what is draining you. Maybe God is not asking you to quit the race. Maybe He’s just asking you to release the weight.

REFOCUS YOUR EYES ON JESUS. Finishing requires more than excitement; it requires perseverance, continuing even when the excitement is gone, and remaining faithful when progress is slow. Discouragement grows when we fix our eyes on the wrong things. Every runner needs to know where to look. If you constantly look behind you, you will lose direction, or if you keep looking at the people beside you, you will become distracted. Hebrews does not tell us to fix our eyes on our results. It tells us to fix our eyes on Jesus. When we look at Jesus, we discover that faithfulness is not measured by how people respond to us. Faithfulness is measured by our obedience to God.

When you feel like quitting, remember who called you—and why you started. When you feel like quitting, don’t let the pain of this moment make you forget the purpose that made you start. Remember who called you. Remember why you started. Then take one more faithful step. Galatians 6:9 says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

PRACTICE

1. **Worth.** What part of your “race” has been making you feel discouraged lately? What does “one more faithful step” look like for you right now?
2. **Still standing.** What is one thing you need to remember, remove, or refocus on this week? And how can we pray for you regarding this?

PRAYER

I. Life Groups

- Pray for the formation of more life groups for God’s glory.

II. West Life Groups

- Pray for these couples as they lead; Oliveros, Fabregas & Padilla.

III. South Life Groups

- Pray for the Drapeza couple as they lead the South group.

IV. East Life Groups

- Pray for the Padilla couple as they lead the South group.

V. North Life Groups

- Pray for these couples as they lead; Ocampo, Ico & Gumasing.

VI. Circles

- Pray for the Core and Subcore as they lead Circles youth & young pro.

VII. Community

- Pray for safety and may His presence & love be felt in our communities.