

Total Package: Emotional

Monday

Hebrews 12:1-2a

There are a lot of challenges in this passage! What sin and “life baggage” hinders you? What sin entangles and trips you up? What is the race you feel God has marked out for you? How is your “perseverance” holding up? Can you identify your faith weaknesses?

Tuesday

Hebrews 11 | Hebrews 12:1-2a

The challenges set forth in Hebrews 12:1-2a begin with the encouragement that we are surrounded by a great cloud of witnesses. Which one of the great icons of faith in Hebrews 11 most touches your heart, and why?

Wednesday

Joshua 2 | Joshua 6 | Matthew 1:5 | Hebrews 11:31

Rahab is a great story of redemption. She was a prostitute, and yet God used her to save the spies of Joshua. In return, her life and the lives of her family were spared, she lived out the rest of her life with the Israelites, and she became an ancestor of the greatest King ever – Jesus. How has God used the low points in your life to glorify Him and serve others?

Thursday

Mark 5:25-34 | Luke 8:42b-48

The bleeding woman had not only been sick for twelve years, but she was alone and an outcast: an “untouchable” according to Jewish Law. She most likely led a life of great pain, shame, and terrible loneliness. Have you ever felt truly alone in the world, as though no one could understand your suffering? How did you overcome your loneliness?

Friday

Matthew 15:21-28 | Mark 7:24-30

The Canaanite mother had an urgent need – her little girl was suffering. A Gentile and a woman, she wouldn’t let the apostles turn her away until she humbled herself before Jesus. For this, Jesus recognized her for her great faith. Have you had to humble yourself in your petitions to God? Did God answer your prayer in the way you expected?

Saturday

Luke 8:1-3

Joanna was married to a powerful and influential man – Cuza, the Household Manager of King Herod – but she gave that life of ease up to live with the other women supporting the ministry of Christ. We see Joanna later at the tomb of Jesus, so we know she stayed the course. What have you had to give up in your life to truly follow Christ?

Sunday

Hebrews 12:1-2a

“Therefore” refers to the great pillars of faith listed in Hebrews 11. Who are your faith heroes outside of scripture, people whose memory continues to inspire you and encourage you to Christian fellowship, service, love, and greater faith?