

***“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. Let us fix our eyes on Jesus, the author and perfecter of our faith, who, for the joy set before Him, endured the cross...” Hebrews 12:2***

### **1) LET GO OF SIN.**

***“Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear falsely. They will receive blessing from the LORD and vindication from God their Savior.” Psalm 24:3-5 (NIV)***

### **2) LET GO OF YOUR OWN WILL**

***“It is a broken spirit You want, remorse and penitence. A broken and contrite heart, O God, You will not ignore.” Psalm 51:17 (LB)***

### **3) LET GO OF THE PAST**

***“Yet, my brothers, I do not consider myself to have “arrived”, spiritually, nor do I consider myself already perfect. But I keep going on, grasping ever more firmly that purpose for which Christ grasped me... I***

*concentrate on this: I leave the past behind and with hands outstretched to whatever lies ahead I go straight for the goal—my reward the honour of being called by God in Christ.”* Philippians 3:12-14 (Phillips)

### 1) HOLD ON TO JESUS

*“No one who trusts God like this—heart and soul—will ever regret it.”* Romans 10:11

### 2) HOLD ON TO THANKFULNESS

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”* Philippians 4:6 (NIV)

### 3) HOLD ON TO GOD’S WILL

*“Let us practice loving each other. For love comes from God and those who are loving and kind show that they are the children of God and that they are getting to know Him better. But if a person isn't loving and kind, it shows He doesn't know God. For God is love.”*  
1 John 4:7-8 (Living Bible)

**AGATHOS** generally refers to good in the sense of being morally upright.

**KALOS** is goodness in the sense of doing good things.

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