

RECREATION

April 28th, 2026

Scripture:

⁵ And you have forgotten the exhortation that addresses you as sons:

My son, do not take the Lord's discipline lightly
or lose heart when you are reprov'd by him,
⁶ for the Lord disciplines the one he loves
and punishes every son he receives.^[a]

Hebrews 12:1–13

Explanation:

After reminding believers of the faithfulness of those who came before us, this passage calls us to run our own race with endurance. We are urged to lay aside anything that slows us down, to fix our eyes on Jesus, and to understand that God's discipline is not punishment, but loving training meant to produce righteousness and peace.

This passage challenges and encourages believers in several keyways:

- Faith is pictured as a long-distance race that requires endurance, not speed.
- Distractions, sin, and unhealthy weights can hinder progress if not intentionally removed.
- God's discipline is evidence of His love and commitment to our growth, not His absence.

Jesus endured suffering for the joy set before Him, showing us that perseverance has purpose even when the path is difficult.

Application:

In sports and in life, growth rarely comes without discomfort. Training pushes us, correction humbles us, and endurance is built over time. When we face hardship, it can be tempting to quit, complain, or lose focus. Hebrews 12 reminds us to see challenges through a different lens—God is shaping us, strengthening us, and preparing us to finish well. Fixing our eyes on

Jesus keeps us from being overwhelmed by fatigue, comparison, or discouragement. A disciplined life rooted in faith produces lasting fruit. Running well means staying faithful, even when the race gets hard.

Ask your team:

- What “weights” or distractions might be slowing you down in your walk with God?
- How do you typically respond to correction or discipline from God or others?
- What does it look like for you to fix your eyes on Jesus this week, both on and off the field?

Prayer:

Lord, help us run the race You have set before me with endurance and faith. Show us anything in our life that is slowing us down or pulling our focus away from You. Teach us to trust Your discipline, knowing it is for our growth and good. Strengthen our weary hands, steady our weak knees, and help us encourage others as we run this race together. Keep our eyes fixed on Jesus, the One who leads us and sustains us.

Amen.