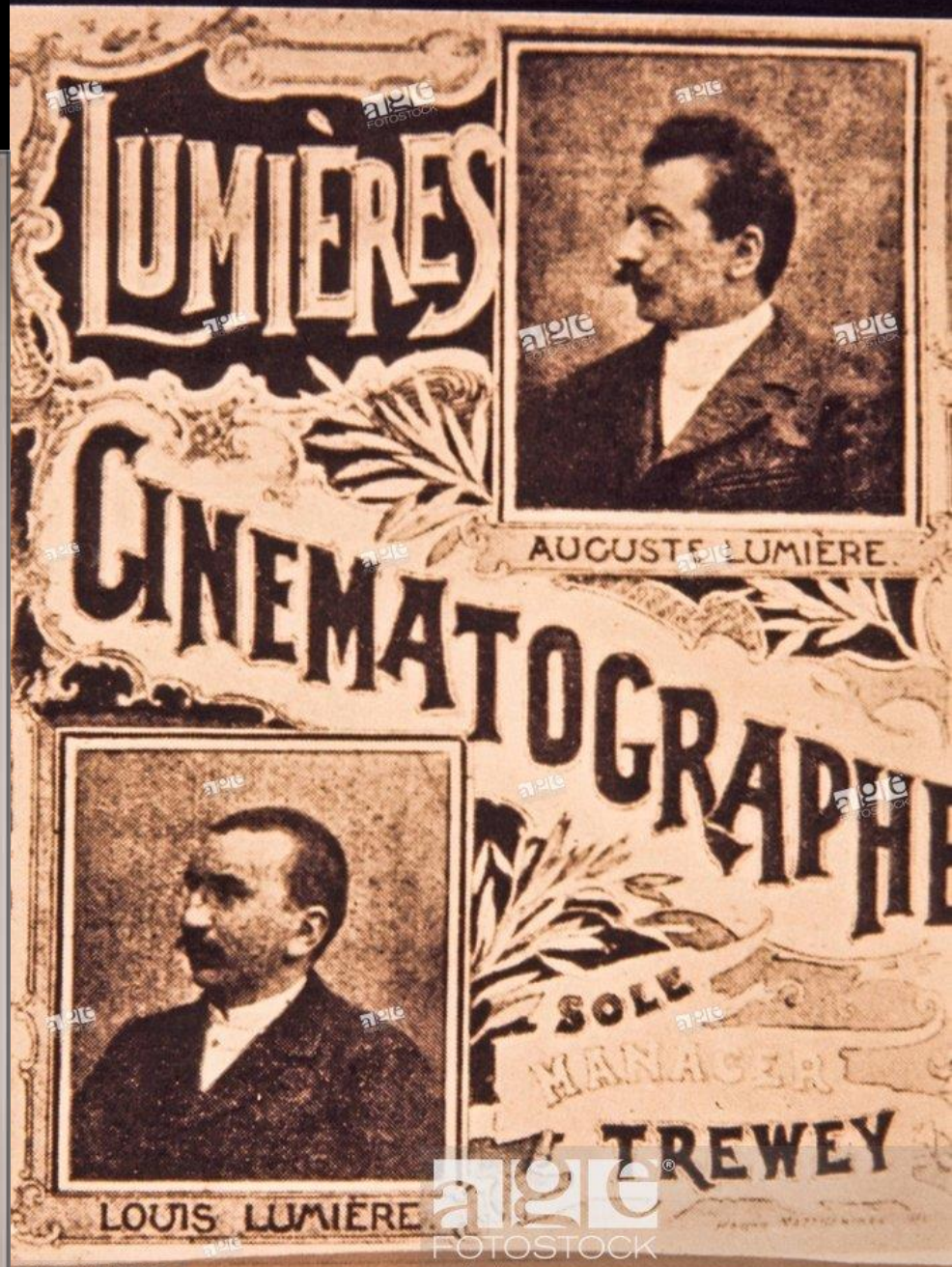
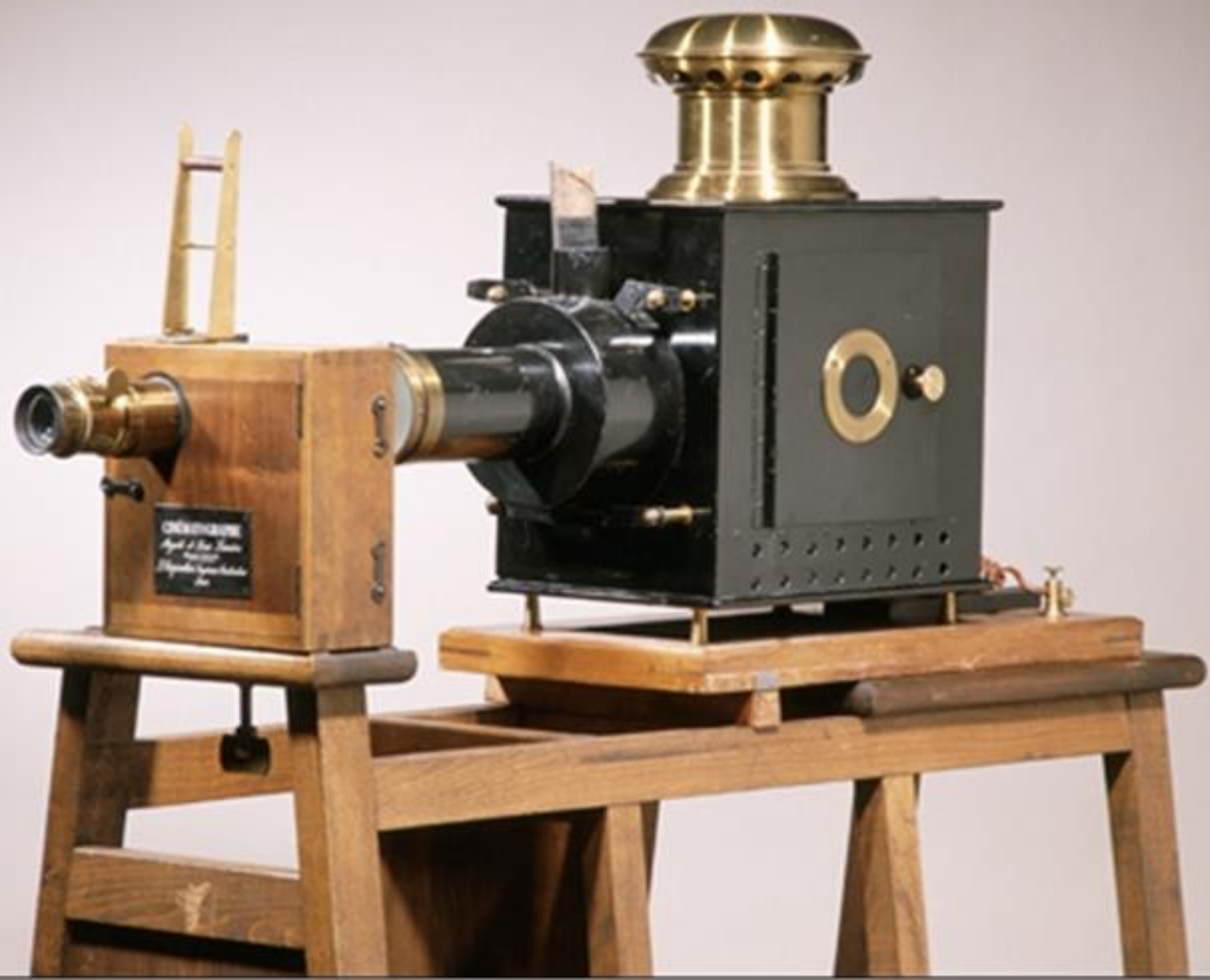




**Louis and Auguste Lumiere**



# Hebrews 12:1 (NIV)

**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.**

## **Hebrews 12:2 (NIV)**

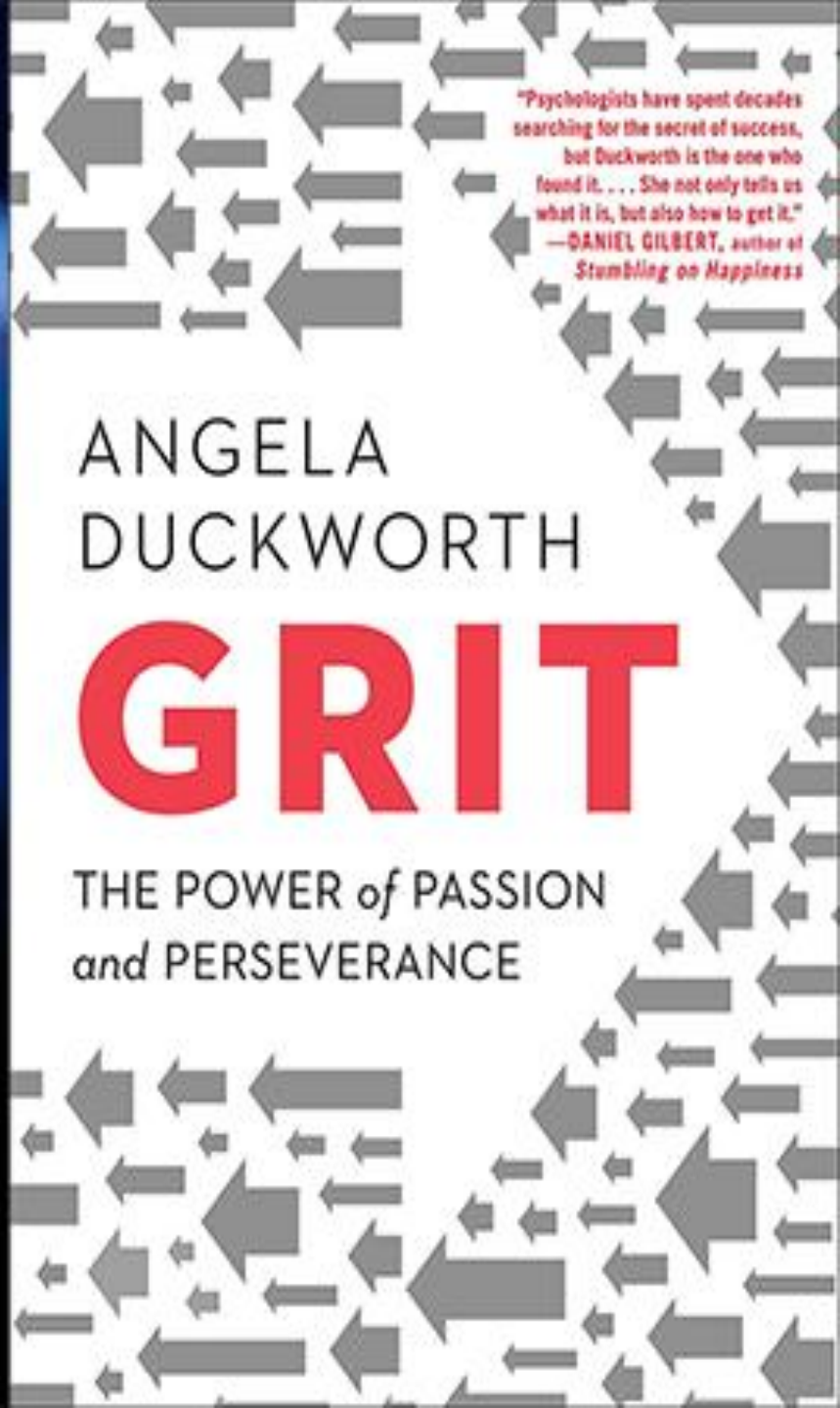
**Let us fix our eyes on Jesus,  
the author and perfecter of our faith,  
who for the joy set before him  
endured the cross,  
scorning its shame,  
and sat down  
at the right hand  
of the throne of God.**

# Hebrews 12:3 (NIV)

**Consider him  
who endured such opposition  
from sinful men,  
so that you will not grow weary  
and lose heart.**

The background is a soft-focus, grayscale image. On the left side, there is a close-up of a person's face, showing their eye and part of their nose. On the right side, there is a landscape view of a road or path stretching into the distance under a cloudy sky.

**Bouncing Back after Bottoming Out**



"Psychologists have spent decades searching for the secret of success, but Duckworth is the one who found it. . . . She not only tells us what it is, but also how to get it."  
—DANIEL GILBERT, author of *Stumbling on Happiness*

ANGELA  
DUCKWORTH

# GRIT

THE POWER of PASSION  
and PERSEVERANCE

Fall down Seven times stand up Eight

七転八起





# **Whom Are You Looking At?**

**(Hebrews 12:1-3)**

**Bouncing Back after Bottoming Out**

# Hebrews 12:1 (NIV)

**Therefore,  
since we are surrounded by such a  
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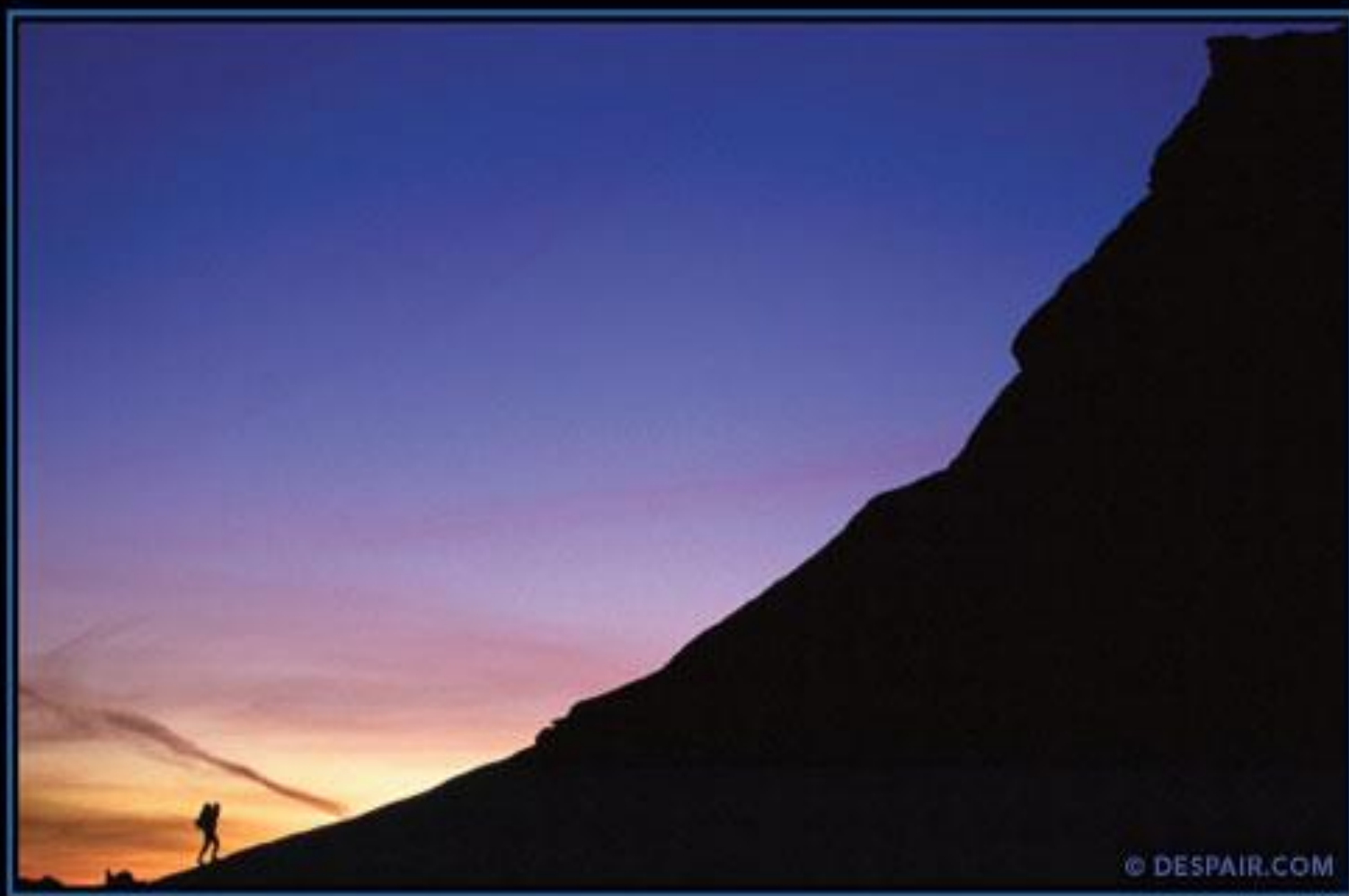
# Observations

**1. I am going to struggle.**

**2.**

**3.**

**4.**



# CHALLENGES

I EXPECTED TIMES LIKE THIS- BUT NEVER  
THOUGHT THEY'D BE SO BAD, SO LONG, AND SO FREQUENT.

# Hebrews 12:1 (NIV)

**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.**

# Observations

**1. I am going to struggle.**

**2. I am deficient.**

**3.**

**4.**

# Hebrews 12:1 (NIV)

**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.**

# Observations

- 1. I am going to struggle.**
- 2. I am deficient.**
- 3. I need to persevere.**
- 4.**



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# PERSEVERANCE

THE COURAGE TO IGNORE THE OBVIOUS WISDOM OF TURNING BACK.



**Mike Tidwell**



**Ilunga Mbumba**



## **Hebrews 12:2 (NIV)**

**Let us fix our eyes on Jesus,  
the author and perfecter of our faith,  
who for the joy set before him  
endured the cross,  
scorning its shame,  
and sat down at the right hand  
of the throne of God.**

# Hebrews 12:3 (NIV)

**Consider him  
who endured such opposition  
from sinful men,  
so that you will not grow weary  
and lose heart.**

# Observations

- 1. I am going to struggle.**
- 2. I am deficient.**
- 3. I need to persevere.**
- 4. I need to focus on Jesus.**

## **Hebrews 12:2 (NIV)**

**Let us fix our eyes on Jesus,  
the author and perfecter of our faith,  
who for the joy set before him  
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# Hebrews 12:3 (NIV)

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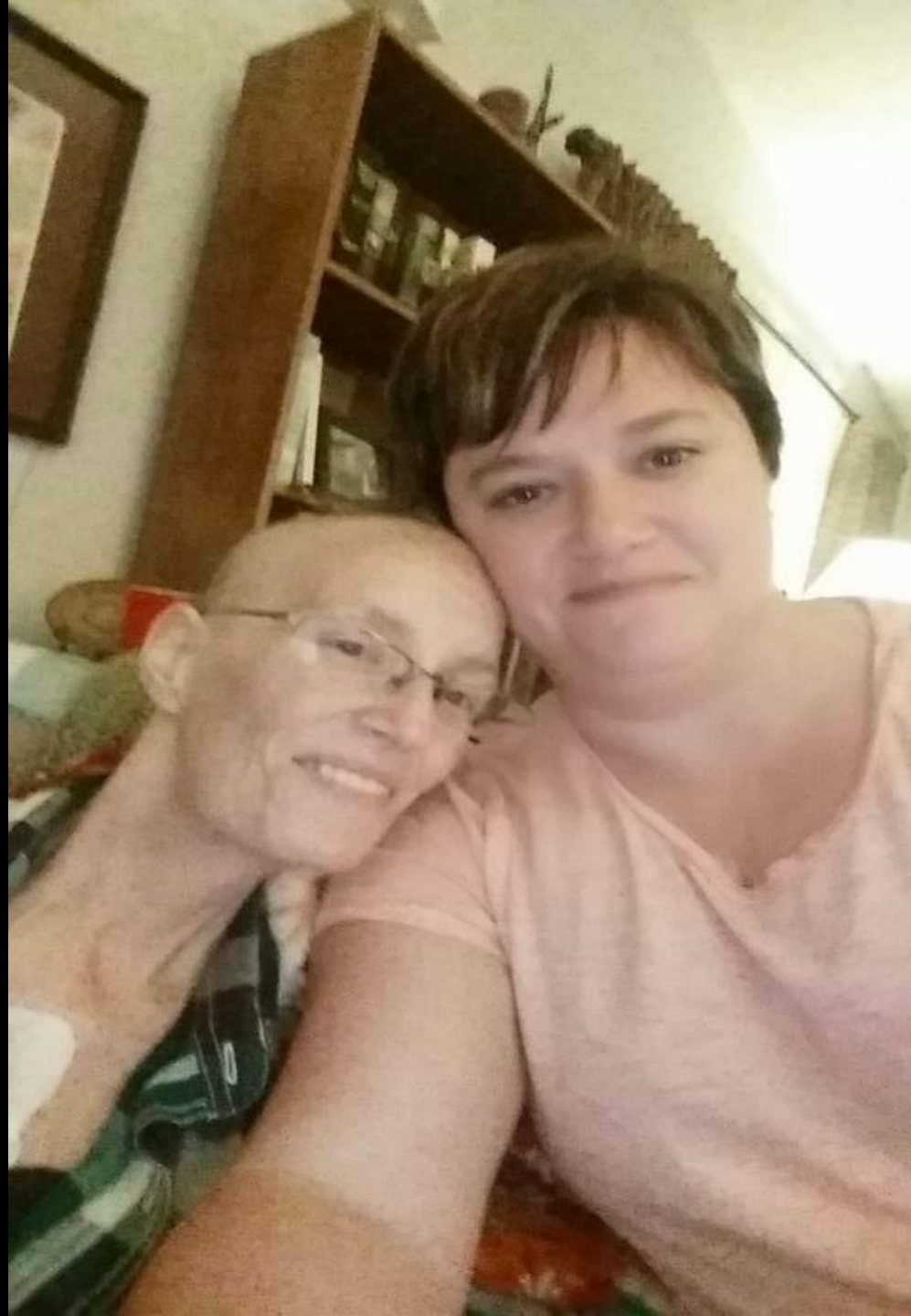
# Action Points

**1. Embrace discipline (12:5-13).**

**2.**

**3.**

**4.**



# Action Points

- 1. Embrace discipline (12:5-13).**
- 2. Pursue purity (12:14-17).**
- 3.**
- 4.**

# Action Points

- 1. Embrace discipline (12:5-13).**
- 2. Pursue purity (12:14-17).**
- 3. Be positive (12:18-24).**
- 4.**

# Action Points

- 1. Embrace discipline (12:5-13).**
- 2. Pursue purity (12:14-17).**
- 3. Be positive (12:18-24).**
- 4. Worship big (12:25-29).**

# **Turn Your Eyes Upon Jesus**

**Turn your eyes upon Jesus,  
Look full in His wonderful face;  
And the things of earth  
will grow strangely dim  
In the light of His glory and grace.**