

A Life Well Lived
“Run With Fire” (4 of 4)
Cornerstone Church Of Poway
Pastor Rich Sherwood
July 28, 2024

Sermon Notes

Big Idea: Living with intention

Hebrews 12:1-3 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, 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. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.”

Notes: _____

1 Corinthians 9:24-26 NIV

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.”

Notes: _____

1 Peter 3:13-15 NIV

“Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.” But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,”

Notes: _____

Next Right Steps

- Live with intention. Move into the future on purpose.
- See and build community.
- Store my treasures in Heaven.
- Run with fire. Be prepared to pass the flame.
- Light my torch.

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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Open in Prayer.

This guide aims to facilitate a meaningful discussion, encourage personal reflection, and foster mutual support within your small group. Feel free to adapt it to better fit your group's dynamics and needs.

Big Idea: Living with intention

Hebrews 12:1-3:

What does it mean to be surrounded by "so great a cloud of witnesses"?

How does the concept of running a race apply to the Christian life?

What are the "weights" and "sin which clings so closely?"

How does Jesus serve as the "author and perfecter of our faith?"

In what ways can we fix our eyes on Jesus daily?

What does Hebrews 12:3 teach us about enduring hardships and trials in our faith journey?

How can reflecting on the suffering of Jesus encourage us in our own struggles?

1 Corinthians 9:24-26:

What parallels can we draw between running a race and the Christian life?

According to 1 Corinthians 9:25, what is the "imperishable" crown, and how can we strive to attain it?

How does self-discipline contribute to our spiritual growth?

What does it mean to "run aimlessly" or to "box as one beating the air"?

How can Paul's analogy of an athlete preparing for a race inspire us to live a disciplined life for Christ?

1 Peter 3:13-15:

How does Peter encourage believers to respond to suffering and persecution?

How should we be prepared to give an answer to anyone who asks us about our hope?

What does it mean to give this answer "with gentleness and respect,"?