



STUDY NOTES – OCTOBER 31, 2021

Sermon Title: *Spiritual Fitness*

Scripture: Hebrews 12:1-2

A. Get rid of excess baggage (V. 1a)

“Let us throw off everything that hinders and the sin that so easily entangles.”

B. Move forward with determination (V. 1b)

“Let us run with perseverance the race marked out for us.”

C. Keep a singular focus (V. 2)

“Let us fix our eyes on Jesus, the Author and Perfecter of our faith.”



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