



REFUEL

DON'T RUN ON EMPTY

Refocus

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down,

Hebrews 12:1a

**especially the sin that so
easily trips us up. And let us
run with endurance the race
God has set before us.**

Hebrews 12:1b

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.*

Hebrews 12:2a

Because of the joy* awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Hebrews 12:2b

**When we Refocus, we Remember
what's most important.**

**Therefore I, a prisoner for
serving the Lord, beg you to
lead a life worthy of your
calling, for you have been
called by God.**

Ephesians 4:1

Coaching Point:

**As you Refocus right now -
keeping your eyes on Jesus -
who is He Reminding you to be?**

Repent

**I have come to call not those
who think they are righteous,
but those who know they are
sinners and need to repent.**

Luke 5:32

The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

Psalm 51:17

**Death begins when
Repentance ends!**

**Now repent of your sins and
turn to God, so that your sins
may be wiped away. Then
times of refreshment will
come from the Presence of
the Lord...**

Acts 3:19-20

**When we Repent,
we are Refreshed.**

Coaching Point:

Do you need to Repent?

Where could you use God's

Refreshing?

Remain

**Remain in me, and I will remain
in you. For a branch cannot
produce fruit if it is severed
from the vine, and you cannot
be fruitful unless you remain in
me.**

John 15:4

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

John 15:5

Fruit:

**Anything in your life, that
ultimately moves through
your life,
that glorifies God**

**It's not about your
Performance For Jesus, it's
about your Position With
Jesus.**

**I have loved you even as the
Father has loved me. Remain in
my love. God looks at your
Posture, not your Past.**

John 15:9

**When we Remain, we'll
always be Refueled.**

Coaching Point:

**What's one way you can Remain
with Jesus this week?**