

# Friday

Lamentations 3:1–26

1. After reading this scripture, why do you suppose Jeremiah is called “the weeping prophet?”
2. Find 5 reasons that gave him hope to persevere.
3. Which of those reasons has the greatest significance to you? Why?
4. Restate verse 24 in your own words. What does the Lord being your “portion” mean to you?
5. What helpful benefit might you gain from committing yourself to memorize all or part of verses 21–26? When will you begin?



GO FOR THE **GOAL**  
BULLETIN JOURNAL

MONTH OF  
SUNDAYS

## WEEK 3

### RESPONSE

Develop a “go for the goal” mindset by running with perseverance

### HOW-TO

Set a spiritual goal for the summer and take one step toward it.

# Sunday

Hebrews 12:1

## Sermon Notes

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# Monday

1 Corinthians 9:24–27

1. What kind of discipline does it take for an athlete to medal in an Olympic event?
2. Paul tells us to “run in such a way as to get the prize.” If you were running a race, how would you go about doing it in order to win?
3. How would you rate your perseverance energy level in the Christian life?

Lethargic 0 1 2 3 4 5 Relentless

Are you satisfied with your score? Why or why not?

4. Using the same scale, rate Paul’s perseverance energy level (verses 26–27):

Lethargic 0 1 2 3 4 5 Relentless

5. What is one significant step you could take over the next few weeks to become a more mature spiritual champion for Christ?

# Tuesday

Revelation 2:1–7, 18–29

1. Going for the gold isn’t easy. Describe a time when you worked long and hard for something important to you (degree, job, athletic achievement, etc.).
2. For what did Jesus commend the churches of Ephesus and Thyatira (2–3, 6, 19)?
3. Running with perseverance is vitally important, but not at the expense of what (4, 20)?
4. Jesus told the church to “hold on to what you have until I come.” In your own words, what was he telling them—and us—to do?
5. Identify an area of your life in which you need to “run with perseverance.”

# Wednesday

Romans 5:1–5; James 1:2–4

1. What does Paul say is the cause and result of perseverance?
2. What insight does James offer?
3. For what reasons are believers able to rejoice in the midst of suffering?
4. Are you experiencing any affliction right now? If so, explain.
5. How is faith related to perseverance in what you may be going through?

# Thursday

Acts 7:30; Hebrews 11:24–28; Deuteronomy 34:10–12

1. What are some of the obstacles a marathon runner might face?
2. Why does he or she continue to run if at all possible?
3. Moses ran a different kind of race in Midian for 40 years, and as far as the record shows, nothing of any spiritual significance happened. What kept him going (Hebrews 11:26–27)?
4. Have you ever experienced a lengthy time of spiritual dryness? How did you react?
5. Because of his persevering faith, how is Moses remembered today (Deuteronomy 34:10–12)? What legacy would you like to leave as a result of “running with perseverance”?

