

**“New Year, New Me:
No Gym Membership Required”**

Study Guide

Hebrews 12:1-3

“Hebrews has concluded its galaxy of faith heroes. In Hebrews 12:1-3 the scene rapidly shifts to a Greco-Roman racetrack. Now instead of witnessing the exploits of these forerunners in the faith, the readers of Hebrews find themselves in the race of faith” (George R. Knight, *Exploring Hebrews: A Devotional Commentary*, 223).

Goal #1—Draw strength from the Crowd.

- Hebrews 12:1—“*Surrounded by such a great cloud of witnesses, let us run the race.*”
- The Greek for “race” is *agon*, the technical term for the assembly of the Greeks at their national games (Olympics).
- “Surrounded by such a great cloud of witnesses” describes the roaring crowd in the stadium.
- Who are they? Hebrews 11

“Craig Koester points out that “the author invites hearers to envision a stadium in which Abel, Enoch, and Noah crowd along the track with Abraham, Sarah, Moses, Rahab, the judges, the prophets, and the martyrs. The striking imagery is designed to transform the listeners’ perception of their situation from one in which they are beleaguered victims to one in which they are vigorous contestants who can hope to participate in the festival gathering in God’s city (12:22-24)” (Koester quoted in Knight, 223).

Goal #2—Strip away non-essentials.

- Hebrews 12:1—“Let us throw off everything that hinders.”
- “Athletes carried nothing with them in a race. In a similar vein, Hebrews admonishes Christians “to lay aside every weight.” That phrase does not refer to sin, which the author will treat in the next clause, but to anything that will hinder in putting forward one’s best effort. Christians need to face up to the fact that some things, while good in themselves, may absorb a person’s time and energies that the individual loses focus on the real goal of life” (Knight, 224).
- We do not race against each other. Self is our great nemesis and our only competitor.

Goal #3—Stay in your lane.

- Hebrews 12:1—“Let us run the race marked out for us.”

Goal #4—Don’t quit.

Goal #5—Endure the pain.

- Hebrews 12:1, 2—“Let us run with perseverance the race marked out for us . . . [as Jesus] endured the cross.”
 - Just as there is a winner in all of us, there is a quitter in all of us.
 - The Greek word for “race”—*agon*—is the root for our English word, “agony or agonize.”
- “One does not reach the goal in a race by accident . . . Hebrews adds that it takes “steadfast perseverance” (12:1). That phrase in the Greek refers “to independent, unyielding, defiant perseverance in the face of aggressive misfortune, and thus to a kind of courageousness” (Balz and Schneider quoted in Knight, 224).

Goal #6 - Keep your eyes on your Trainer.

- Hebrews 12:2 NIV—“Fixing our eyes on Jesus.”
- Who better to train us than the One who made us?
- “As Robert Jewett points out, he “is the ‘perfecter of faith,’ because he experienced the same dilemmas of cosmic insecurity that the [Christian] community now faces” (Jewett quoted in Knight, 225).
- How?
 - Hebrews 3:1—“Fix your thoughts on Jesus.”
 - Meditate on one story a day from the Gospels.
 - Energize your life with a high calorie spiritual diet.

Goal #7—If you want to race to the finish, you must run with the Finisher.

- Hebrews 12:2—“Looking to Jesus, the author and finisher of our faith”

Fix Your Eyes On Jesus

Sabbath Together

January 20, 2018

Sabbath School 9:30 AM

Classroom 1 - Traditional Quarterly
 Classroom 14 - Prayer Study - Jan Yates
 Choir Room - Prophecy Study - David Rendon
 Youth Lounge - (10:00am) Young Adult 18-35
 - Bryan Bautista and Hans Burda

Children’s Classes:

Cradle Roll - Birth to 3: Classroom 3
 Kindergarten - Age 4 through 1st Grade: Classroom 4
 Primary - Grades 2-5: Classroom 2
 Juniors - Grades 5-7: Classroom 7
 Earliteen - Grades 7-9: Classroom 9

Sabbath Worship 11:00 AM

Call To Worship	<i>We Have This Hope</i>	Hymn 214
Welcome		Abel Rios
Praise Song	<i>The Lord In Zion Reigneth</i>	Hymn 7
Children’s Story		Archel Burda <i>The Lamb’s Offering will benefit LJA Scholarship Fund</i>
Praise In Giving	Church Budget	Glenn Blake ~ ~ ~ Tithes and all offerings also received at this time ~ ~ ~
Offering Response		Hymn 694 <i>Praise God From Whom All Blessings Flow</i>
Song of Prayer	<i>As We Come To You In Prayer</i>	Hymn 671
Circle of Prayer		Abel Rios
Song of Response	<i>Hear Our Prayer, O Lord</i>	Hymn 684
Message In Song		Grace Notes Kids
Message	New Year, New Me: No Gym Membership Required	Abel Rios Philippians 3:13, 14
Closing Song	<i>Higher Ground</i>	Hymn 625
Benediction		Abel Rios
	Postlude	
	~ ~ ~ Please remain seated until your row is dismissed ~ ~ ~	

Praise Leader: Melwin Paez
Pianist: Mikhail Johnson

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Speaker Next Week: Johnson Fung
‘Down Payment’

Offering Next Week: Annual Religious Liberty Offering

Attendance Last Week: 125

Deacon Today: David Riley

Today’s Greeters: Tammy Allen & Johnson Fung

Welcome

to the Lubbock Seventh-day Adventist Church.
It is good to have you with us today. We pray that our time together assists you in your growth in the grace and knowledge of our Lord Jesus Christ.
If you are visiting, please speak with our Pastor, or one of our Elders or Deacons — who are also here to greet you.
We are glad you have chosen to worship with us today.

How To Reach Us

Board of Elders:	
Robert Plant, II, Chair	806.441.1090
Archel Burda	909.362.1207
Melwin “Bim” Paez	240.460.7923
Abel Rios	806.438.1821
Teddy Tubbs	806.746.5540
Cindy Riley, Treasurer	806.928.9713
David Riley, Chair, Board of Deacons	806.577.2990
Michele Crawford, Chair, Board of Deaconess	970.901.0987
Walter Foust, Bible School/Resource Coordinator	806.470.4144
Kathy Flyger, Church Event/Building Coordinator	806.535.7770
Johnson Fung, Church Library	806.283.6715
Church Office	806.793.8614
Church FAX	806.799.5136
Church Email Address	lubbockadventist@sbcglobal.net
Church Website:	http://www.lubbockadventist.org
Marybel Orellana; LJA Principal/Teacher	817.709.3965
Lubbock Junior Academy	806.795.4481
Adventist Book Center - Texas	1.800.333.1844
Texico Conference Office	1.505.244.1611
Conference Website:	http://www.texico.org/

"Synthetic Drug Education"

Tuesday, January 23, 7:00pm

Lubbock Adventist Church - Conference Center
Adult Program presentation suitable for audiences of 6th Grade through Adult.
 (Younger children may misunderstand)

Presented by UMC “NEIDS OUTREACH”

“Kids are dying right here in Lubbock from using synthetic drugs”
 University Medical Center’s

Nurses Educating on Illegal Drugs & Synthetics
 is an outreach group of registered nurses that believe synthetic marijuana and other illegal drugs kill and harm too many of our fellow human beings.

“We are emergency nurses and nurse educators from Lubbock, Texas, whose **mission is to provide education to the public on the health risks and hazards of the use of synthetic marijuana and other harmful drugs.** We accomplish this by utilizing public service announcements, focused educational offerings to school age children, point of care education, and working with local coalitions and agencies against the use of synthetic marijuana. We actively support new or revised legislation of local and state laws to halt the sale, distribution, and the manufacturing of these synthetic compounds and illegal drugs.”

Freewill offering will be taken

For more information go to: www.umcneids.com



LUBBOCK

SEVENTH-DAY

ADVENTIST

CHURCH

MISSION STATEMENT

We, as children of the Living GOD, are here to

UPLIFT JESUS CHRIST,

His teachings and His commandments with all our hearts, souls and minds.

As redeemed servants of Christ, we are to serve and to prepare all for the Second Coming of Jesus Christ as the Blessed Hope and encouragement for all mankind.

*Mailing Address: P O Box 6277
 Lubbock, TX 79493-6277*

**5302 Elgin Avenue
 Lubbock, Texas 79413
 806.793.8614**

Website: <http://www.lubbockadventist.org>

Prayer Requests

► CHURCH FINANCES (for God's continual Leading)

◆ **Our President, Leaders of our country, Leaders of our Church, our Pastor and our School Teacher**

◆ **All Disaster Victims - EARTHQUAKES, FIRES & FLOODS**

◆ **Pray for Christ's followers who are being persecuted and/or killed for their faith world wide.**

- ◆ John Brown (healing)
- ◆ Irma Brown's daughter Rachel
- ◆ Eric Byrd's brother (health)
- ◆ Jennifer Byrd's friend "Kim"
- ◆ David Cartwright (healing)
- ◆ Donna Cartwright (health)
- ◆ Joe Castillo (health/healing)
- ◆ Karen Contreras (health)
- ◆ Michele Crawford's nephew Ryan Conley (healing)
- ◆ Denise Downing (health/healing)
- ◆ Carolyn English (health/surgery)
- ◆ Sammy Espinosa (health/healing)
- ◆ Kathy Flyger's friend: "Venus Woodell (healing)
- ◆ Leland Flyger (continued healing)
- ◆ Walter Foust (continued healing)
- ◆ Jaydee Fremgen (health/healing)
- ◆ Vaughn James (healing)
- ◆ Cindy Johnston (healing)

- ◆ Keith Marpa (rapid recovery)
- ◆ Flo McIntire (healing)
- ◆ Angel Moreno (Safety & Peace)
- ◆ Terri Moreno's daughter & baby
- ◆ Debra Murphree's cousin's husband, Randy; and her Aunt's granddaughter, Lexie (both with serious health problems)
- ◆ Alton Muse (healing)
- ◆ Marybell Orellana's sister "Mirna"
- ◆ Pauda family (comfort)
- ◆ Jennifer Petty (recovery/healing)
- ◆ Petty's niece, Melinda (healing)
- ◆ Petty's Grandson, Bryce
- ◆ Kathy Phillips (health/healing)
- ◆ Ramos family (Comfort)
- ◆ Rebekkah Plummer's sister(health)
- ◆ Sue Pyle (healing)
- ◆ Cindy Riley's brother (healing) & Infant nephew "Gino"
- ◆ Mary Robertson (healing)
- ◆ Esther Slaughter (health)
- ◆ Brenda Stephenson's sister(health)
- ◆ Tygart, Aaron (healing fm surgery)
- ◆ MaryAnn Ulery (family justice)
- ◆ Jerry Walker (healing)
- ◆ Addie Wood (healing)
- ◆ Venus Woodell (healing)
- ◆ Kathy Yates (healing)
- ◆ Mike Yates' brother (healing)
- ◆ Duane Young Family (healing)
- ◆ Zauner family (Comfort)
- ◆ Unspoken prayer requests for Healing, finances and families

Intercessory Prayer

And I sought for a man among them that should make up the hedge and stand in the gap before me for . . .

Name: _____
(Optional)

Please stand in the gap for me—that God's divine will be done regarding the following . . .

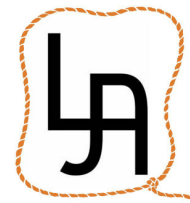
Fill in your request, tear off, place in the Offering plate, or give directly to the Pastor or to one of the Elders.

May God Bless You!

Prayer FAX Line 806.799.5136
Email: lubbockadventist@sbcglobal.net

1/20/18

Lubbock Junior Academy . . .



Currently accepting students for 2018-2019 School year

Student Handbook & Applications are available in the church office.

Lubbock Junior Academy

School Motto

Building A Better World ~ One Child at a time

~ ~ ~ ~ ~

Please feel free to contact:

Marybel Orellana, M.Ed., Principal and Teacher

Email: morellana@texico.org

Phone or Text - 817.709.3965

School - 806.795.4481

School Board Chair: Connie Buckman - 817.296.0874

School Board Co-Chair: Cindy Riley - 806.928.9713

Robert Plant, II - LJA Treasurer - 806.441.1090

or the Church Office 806.793.8614

**LOVE IS THE ONLY FORCE
CAPABLE OF TRANSFORMING
AN ENEMY INTO A FRIEND**

Martin Luther King, Jr.

CHURCH FINANCES AT A GLANCE

	TITHE	
December	This Year (Jan-Dec)	Last Year (Jan-Dec)
2017	YTD 2017	YTD 2016
\$26,005	\$300,469	\$300,922

CHURCH BUDGET

	Required	Received	Need
January 2018	\$17,253	\$3,030	\$14,223

~ ~ Thank You For Remembering our Church Expenses ~ ~
A total of \$17,253 is required monthly for every ministry to be funded.

Please place your contribution in an offering envelope and designate the ministry to which your offering is to be allocated.

*All the ministry efforts of the
Lubbock Seventh-day Adventist Church
have been made possible by your generous contributions
and faithful stewardship. You are deeply appreciated and
your financial support is making a significant difference.
For your convenience, there's also a link for online giving,
<http://www.lubbockadventist.org>*

Thanks for your sacrificial heart for giving.

Receipts for 2017 tithe & offering contributions are ready and will be distributed by January 29.

Should you find a discrepancy please do not hesitate to contact
Cindy Riley at 806.928.9713.

Upcoming Events

"Health Talks" - Wednesdays, January 24 & 31, 6:30-8pm in the Choir Room. Hosted by the Health Ministry Team.

Bible University - Sabbath afternoons, January 27 through March 10, 3:00-4:00pm in the Conference Center. Topics will include: "In The Beginning" - "Sabbath" - "Second Coming" - "Prophecy" - "Learning/Studying the Bible"

Annual Religious Liberty Offering - Sabbath, Jan. 27

Children's Church - Sabbath, January 27, Conference Center, following the Children's Story. Children ages 5-14 are invited to attend. Parental permission is requested.

Pathfinder PBE - Sabbath, February 3, 1:00-2:00pm, one-hour study will follow the Worship Service in Classroom 7. PBE is a study of Daniel and Esther. Meetings are scheduled semi-monthly on the first and third Sabbaths.

"Lubbock Adventist Youth" Vespers - Sabbath, February 3, 7:30pm in the Youth Lounge. This Youth & Young Professionals, 18-35 age-group, meet bi-weekly.

Men's Breakfast - Sunday, February 4, 9:00am. All men are invited to meet at the Golden Corral for breakfast and fellowship.

Pathfinder Club - Sunday, February 4, 1:00-4:00pm, in the Conference Center. Pathfinder Club meets semi-monthly on the 1st and 3rd Sunday.

Ya-Li Pekowski Piano Recital - Sunday, February 4 3:00pm, in the Worship Center. Everyone is invited.

LJA Week-of-Prayer - Monday-Friday, February 5-9, 9:00am with Pastor Don Schneider. An afternoon/evening time will be set for students (and/or adults) that do not attend LJA, contact Archel Burda for more information.

Distinguished Guest Speaker: Sabbath, February 10, Pastor Don Schneider, Former President of the North American Division, will be our speaker.

Fellowship "Pot-Luck" Lunch - Sabbath, February 10 Fellowship Hall following the Worship Service.

Ronald McDonald House - Saturday, February 10, 5:30pm. Men's Ministry will provide the evening meal for the residents of the Ronald McDonald House. Contact David Riley at 806.577.2990 to volunteer food.

Women's Prayer Breakfast - Sunday, February 11, 9:00am at the home of Anita McChesney.

Hub City Veg Potluck - Sunday, February 11, 4:30pm in the Youth Lounge.

Welcome

*as we gather for worship today,
we rejoice in God's many blessings. We are so glad
you have chosen to worship with us this morning.*

Today's Events

9:30am - Sabbath School - Church in Bible Study

11:00am - Divine Worship Service - Worship Center

1:00-2:00pm - Pathfinder PBE - Classroom 2. PBE is a study of Daniel and Esther. Meetings are scheduled semi-monthly on the first and third Sabbaths.

3:00-4:00pm - Bible University - Conference Center

3:00pm - Prayer Ministry - Board Room

5:00pm - Vespers - Classroom I

7:30pm - "Lubbock Adventist Youth" Vespers - in the Youth Lounge. This Youth & Young Professionals, 18-35 age-group, meet bi-weekly.

The Joy and Blessing of the Sabbath

Concludes today at 6:07pm

Begins next Friday at 6:16pm

Events This Week

Sunday - January 21

1:00-4:00pm - Pathfinder Club - Conference Center

Pathfinder Club meets semi-monthly on the 1st and 3rd Sunday.

Tuesday - January 23

9:30am - Small-Group Bible Study - Classroom I

"Never Thirst Again." To be included, call Michele Crawford at 970.901.0987

7:00pm - Drug Awareness - Conference Center

More information at www.umcneids.com

Adult Program presentation suitable for audience of 6th Grade through Adult.

Wednesday - January 24

6:30-8:00pm - "Health Talks" in the Choir Room.

Plan to join the Health Ministry Team every Wednesday in January for "Health Talks"

Thursday - January 25

9:45am - LJA Field Trip to the National Heritage Center.

Friday - January 26

6:16pm the Joy and Blessings of the Sabbath begins.