

A person is running on a wet street. The lower half of their legs and feet are visible, wearing dark leggings and black sneakers. The ground is wet, and a large puddle in the foreground reflects the runner's legs. The background shows yellow lane markings on the pavement. The overall tone is dark and moody.

RUN WITH PERSEVERANCE

HEBREWS 12:1

**Faith is being sure
of what we hope for
and certain
of what we do not see.**

Hebrews 11:1

**Let this be written
for a future generation
that a people not yet created
may praise the LORD.**

Psalm 102:18

“Bread and Circuses”

Roman writer Juvenal, 100 AD

Or

Isaiah 55:1-2

**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.**

Hebrews 12:1

Coach's Advice:

- 1. Tie your shoelaces –
check your focus**

**For we are God's own handiwork,
His workmanship ...
that we may do those good works ...
which God planned beforehand ...
taking paths prepared ahead of time
that we should walk in them.**

Ephesians 2:10 AMP

Coach's Advice:

- 1. Tie your shoelaces –
check your focus**
- 2. Watch the thoughts
between your ears –
align your thinking**



There is a friend
who sticks closer than a brother.
Proverbs 18:24

Coach's Advice:

- 1. Tie your shoelaces –
check your focus**
- 2. Watch the thoughts
between your ears –
align your thinking**
- 3. Remember to have fun**

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

Hebrews 12:2