

- **Endurance** -

*"You give life, You are love, You bring light to the darkness  
You give hope, You restore every heart that is broken  
And great are You, Lord" - from "Great are You, Lord" by All Sons and Daughters*

This past Sunday, I was able to attend a worship service at my brother and sister-in-law's church in Cornwall, PEI, and I heard a very encouraging sermon. This preacher spoke about having a "spirit of endurance" and that we should work at "building our endurance". As he spoke, he encouraged us to not worry about things in the past, but that we should press on, persevere and run the race laid out for us.

I've been thinking about this sermon all week and I wanted to share a similar encouragement with you today.

From Hebrews, we read:

*"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, Who for the sake of the joy that was set before Him endured the cross, disregarding its shame, and has taken His seat at the right hand of the throne of God.  
Consider Him who endured such hostility against Himself from sinners, so that you may not grow weary or lose heart." (Hebrews 12: 1 - 3 NRSV)*

To move forward, we do have to let go of things that we regret. We need to ask for forgiveness and move forward with confidence that we are forgiven. There are things that we have done wrong or could have done better. It is very hard to move on if we are stuck in the past. You may think about those mistakes or the times you were lazy in your faith, but let those thoughts lead you to action: to respond with a willing heart. Willing to do things better this time. This act will build your endurance.

Let the trial you are facing today lead you to action: respond in faith with trust in God. This, too, will build your endurance to "run the race set before us" (Hebrews 12: 1).

God does have a plan for each one of us, He is working in us: "I am confident of this, that the One who began a good work among you will bring it to completion by the day of Jesus Christ" (Philippians 1: 6)

We need to remind ourselves that God will continue to work in us. If you aren't looking to God and staying in His Word, you may let yourself listen to outside influences and get discouraged. Don't let Satan discourage you! Remain strong in the Lord.

Reflecting on the fact we have to choose to remain close to God, I thought of all the trials Job faced - many of us know the Old Testament account of Job's life. Job chose to put his trust in God, knowing that God gave Him life:

*"As surely as God lives, who has denied me justice,  
the Almighty, who has made my life bitter,  
as long as I have life within me, the breath of God in my nostrils,  
my lips will not say anything wicked,  
and my tongue will not utter lies." Job 27: 2 - 4*

We continue to read that Job declared that it is God's very breath that gave Him life, and Job would praise Him:

*"My words come from an upright heart;  
my lips sincerely speak what I know.  
The Spirit of God has made me;  
the breath of the Almighty gives me life." Job 33: 4 - 5*

One of the closing songs on Sunday was, "Great are You, Lord" by All Sons and Daughters. The lyrics speak to the greatness of God and the fact that He is our Life, our Hope, and He does restore every heart that is broken.

And don't we know that the stones will cry out if we don't sing His praises? (Luke 19: 40)  
All the earth will sing!

*"All the earth will shout Your praise  
Our hearts are will cry  
These bones will sing  
Great are You, Lord" - from "Great are You, Lord" by All Sons and Daughters*

Choose today to sing a song of praise to God. Move forward, running the race that God has set before you. You were given a mind and abilities that are uniquely yours, now use them! To God be all the glory forever.

Have a wonderful week,  
Marsha Heeg  
Worship Director

Great are You, Lord  
<https://youtu.be/hpb02shcAis>