

PERSERVERANCE:

Running With Perseverance

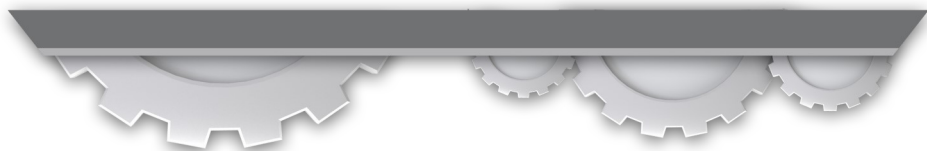
Hebrews 12:1-3

The Benefits of Persistence Through Adversity

- **Grit Outperforms Talent:** Groundbreaking research by psychologists like Dr. Angela Duckworth has proven that "grit"—defined as passion and perseverance for long-term goals—is a significantly stronger predictor of lifelong success and achievement than innate talent or IQ.
- **Post-Traumatic Growth:** Clinical studies on resilience reveal that individuals who persist through severe adversity frequently experience "post-traumatic growth." Rather than just surviving, they develop a deeper appreciation for life, heightened empathy and increased emotional fortitude compared to those who avoid challenges.
- **Neurological Rewiring:** Neuroscientific studies demonstrate that persisting through frustration literally rewires the brain. Pushing through the friction of a difficult task strengthens the neural pathways responsible for emotional regulation, making you biologically better equipped to handle future stress.
- **Physical Health and Longevity:** Decades of longitudinal data indicate that highly persistent individuals tend to have lower baseline stress hormones (like cortisol), stronger immune responses and better long-term cardiovascular health.

1. **THE GALLERY OF GRIT:** We can persevere because we are being cheered on by a celestial stadium filled with every person of faith from the very beginning of human history (v. 1).
2. **CREDIBLE WITNESSES:** We are surrounded by a GREAT cloud of witnesses, not just because of their number, but also because of their experiences. Through their faithful experiences they teach us what God can and will do for us (v. 1).

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3. **HINDRANCES:** Our ability to persevere is largely dependent upon our willingness to shed every ounce of unnecessary weight from our lives (v. 1).
4. **SINFUL ENTANGLEMENTS:** Our ability to persevere is largely dependent upon our willingness to let go of the sinful behaviors that will inevitably cause us to trip and fall (v. 1).
5. **QUALIFIES THE DISQUALIFIED:** Though we are deservingly disqualified from winning the race of life, by our faith in Jesus Christ, He has qualified us to be victorious (vv. 1-3)!
6. **FOR NOW AND FOREVER:** The victory that Jesus has qualified us to experience is not just for the adversities we face today; it is for the adversities we face today, tomorrow and forever (vv. 1-3).

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