



# The Notes

## Thriving in Exile

### Part 2: "Get Back Up Again"

**July 14, 2024**  
**Pastor Jaimie Bjur**

*"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."*

**Hebrews 12:1-2 (NLT)**

"In contemporary society, our Adversary majors in three things: noise, hurry, and crowds. If he can keep us engaged in "muchness" and "manyness", he will rest satisfied."

**Richard Foster**

**IF I WANT TO GET BACK IN THE RACE, I  
NEED TO...**

1. ... \_\_\_\_\_ THE \_\_\_\_\_.

*“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”*

**Hebrews 12:1** (NLT)

2. ... \_\_\_\_\_ TO \_\_\_\_\_.

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.”

**Hebrews 12:2** (NLT)

“One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles.”

**Luke 6:12-13a** (NLT)

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, ‘Everyone is looking for you.’”

**Mark 1:35-37** (NLT)

“He pulled away from them about a stone’s throw, knelt down, and prayed, “Father, remove this cup from me. But please, not what I want. What do *you* want?” At once an angel from heaven was at his side, strengthening

him. He prayed on all the harder. Sweat, wrung from him like drops of blood, poured off his face.”

**Luke 22: 41-44** (MSG)

“And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), to be with you forever—“

**John 14:16** (AMP)