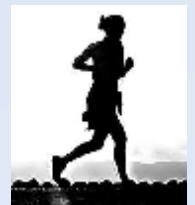


# Running In Flats

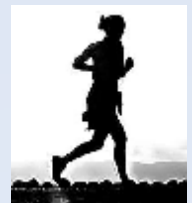
Running In Flats



Therefore, since we are surrounded by such a great cloud of witnesses, 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, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith.

***Hebrews 12:1-2***

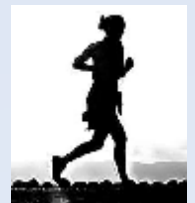
Running In Flats



<sup>18</sup> “Forget the former things;  
do not dwell on the past.  
<sup>19</sup> See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness  
and streams in the wasteland.

***Isaiah 43:18-19***

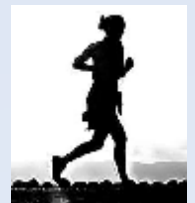
Running In Flats



What race is God calling you to?

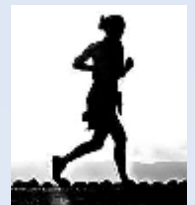
What is hindering you from running?

Running In Flats



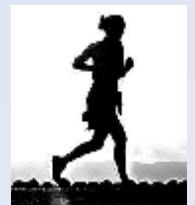
# Running In Flats

Running In Flats



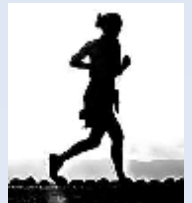
# Get Real

Running In Flats



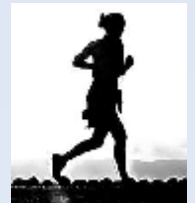
# What have you done with Jesus?

Running In Flats



What sin is  
keeping you from being used  
by God?

Running In Flats

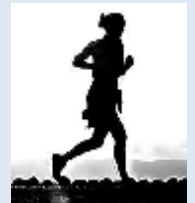




*1 John 1:8 says...*

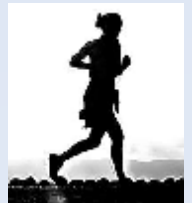
*“If we say we have no sin, we deceive ourselves, and the truth is not in us.”*

Running In Flats



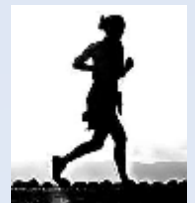
# Who Am I?

Running In Flats



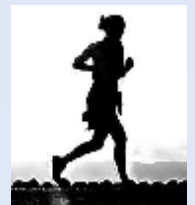
*Not me* - builds walls.  
*Me too* - builds bridges.

Running In Flats



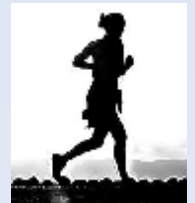
# GET RELEVANT

Running In Flats



What will I do?  
Where will I go?  
How will I go?

Running In Flats



## The Great Commission

<sup>16</sup> Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. <sup>17</sup> When they saw him, they worshiped him; but some doubted. <sup>18</sup> Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Matthew 28:16-20

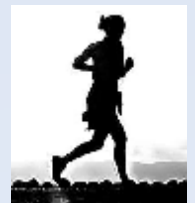
Running In Flats

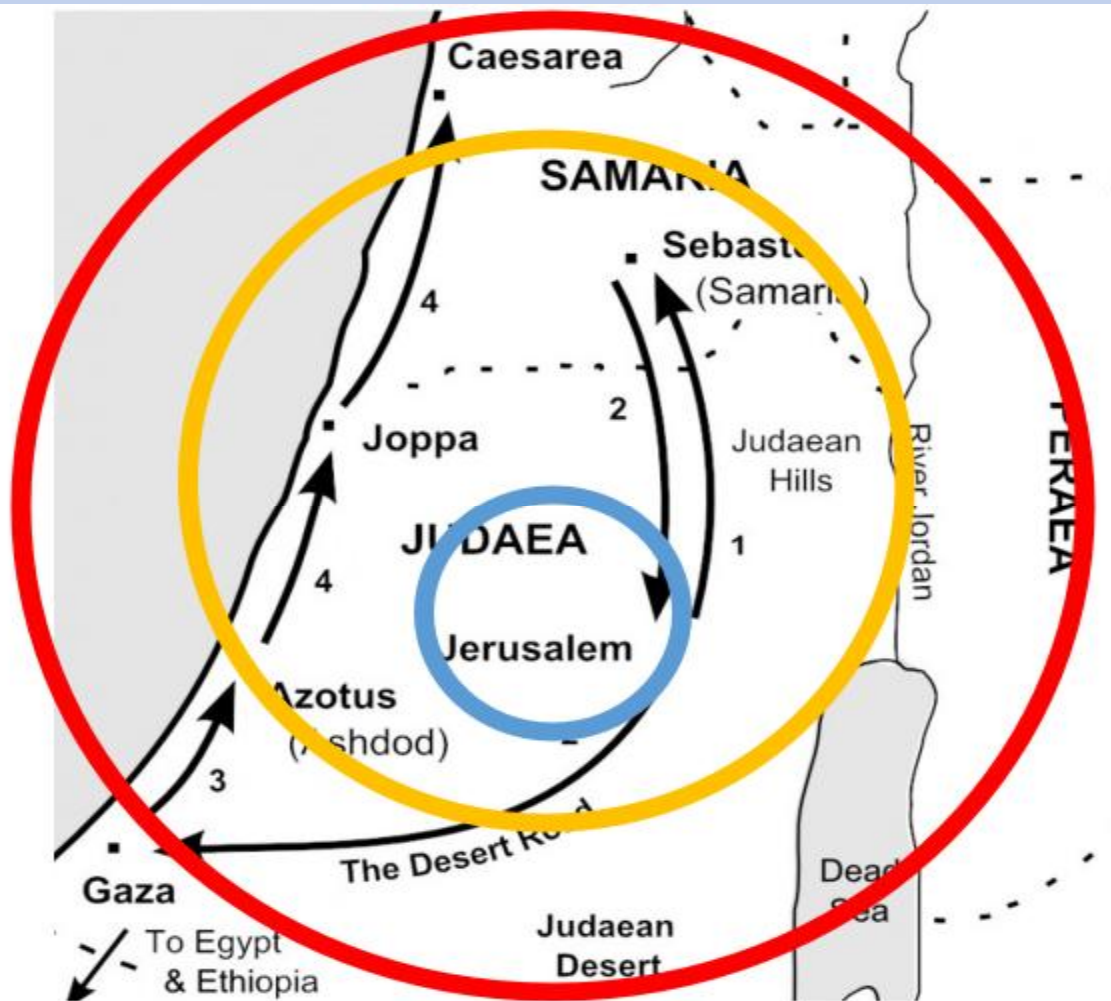


<sup>8</sup> But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

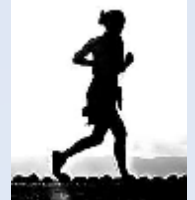
Acts 1:8

Running In Flats





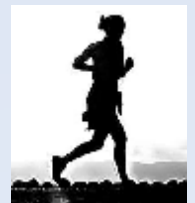
Running In Flats





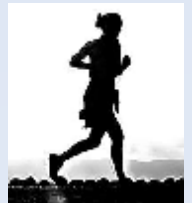
Yesterday's pain  
Is  
Tomorrow's ministry

Running In Flats



# GET READY

Running In Flats

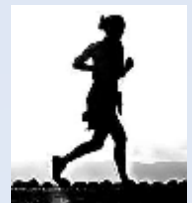


<sup>27</sup> Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, “What do you want?” or “Why are you talking with her?”

<sup>28</sup> **Then, leaving her water jar,** the woman went back to the town and said to the people, <sup>29</sup> “Come, see a man who told me everything I ever did. Could this be the Messiah?” <sup>30</sup> They came out of the town and made their way toward him.

John 4:27-30

Running In Flats



Prayer

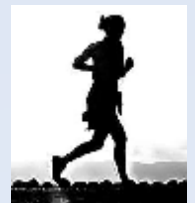
Armor

Coffee

Repeat

#AdobeSpark

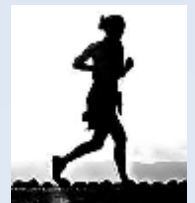
Running In Flats



<sup>4</sup> Rise up; this matter is in your hands. We will support you, so take courage and do it.”

**Ezra 10:4**

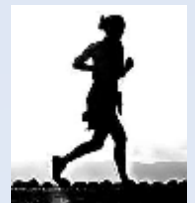
Running In Flats



What race is God calling you to?

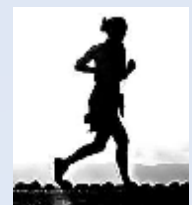
What is hindering you from running?

Running In Flats



BE THE KIND OF  
**WOMAN**  
THAT WHEN YOUR  
**FEET HIT**  
THE FLOOR EACH  
**MORNING**  
**THE DEVIL SAYS**  
"OH CRAP, SHE'S UP."

Running In Flats



# Stay connected

[www.joytrachsel.com](http://www.joytrachsel.com)

Running In Flats

