



HEBREWS
12

Two ways of looking at time

- ***Chronos*** – calendar time; minutes, hours, days, weeks, months, years
- ***Kairos*** – opportune time/right time

List *kairos* moments from 2022:

- **Milestones** – births, deaths, graduations, etc.
- **Transitions** – new home, new job, new relationship, marriage, divorce, etc.
- **Surprises** – medical diagnosis, promotion, accident, etc.



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God, I recognize Your sovereignty
Over the seasons of my life.

Give me eyes to see all of the
Kairos moments that You used to shape me
And guide me in 2022.



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Hebrews 12.1-2: 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, fixing our eyes on Jesus, the pioneer and perfecter of faith.



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Let us throw off everything that hinders

- **Unhealthy grief** – either getting stuck or running vs walking through the valley of the shadow of death
- **Frustrations, disappointments, and hurts** – the wounds, bumps, and bruises we experience as we live life

Let us throw off the sin that so easily entangles

- **sins of the body** – external behaviors
- **sins of the heart** – internal attitudes/dispositions



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Father, I want to acknowledge the following losses I experienced in 2022:

Mentally list the people, relationships, opportunities, etc. you lost last year

I thank You that in light of Jesus' work on the Cross death is not the final word.

I grieve these losses,

But I grieve as one who has hope.



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Father, I thank You that You work all things
Together for my good
Even disappointments, frustrations, and hurts.

*Ask the Holy Spirit to show you any
frustrations, disappointments, or hurts you
need to release this morning.*

I thank You that in light of Jesus' work on the
cross those disappointments, frustrations, and
hurts can be redeemed and that You bring
beauty out of ashes.



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Father, I thank You that You loved the world so much

You sent Your Son to die in my place.

Jesus, I thank You for Your obedience unto death.

Ask the Holy Spirit to bring to mind any sins of the body and any sins of the flesh.

I thank You that in light of Jesus' work on the cross all of my sins are forgiven



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God, I recognize Your sovereignty over the seasons of my life.

I acknowledge that in Your great mercy

You have given me new birth into a living hope
Through the resurrection of Jesus Christ from
the dead

And therefore I can have a confident
expectation of a better future in 2023.



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I acknowledge Your sovereignty

Regarding the specific details

Of that 'better future'

And I trust that You will work all things

I experience in 2023- blessings, tragedies, joys,
and frustrations- together for my good and
Your glory.

God give me the grace to run with
perseverance the race You have marked out
for me in this upcoming year.



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21 Days of Dedication

- Wed, Jan 4 – Wed, Jan 25
- **Theme** – Psalm 23; focus on following Jesus as Shepherd in 2023
- **Daniel fast** – partial fast; vegan diet + no sweets
- **Worship nights** – 7-8pm on Wednesdays
Jan 4, 11, 18, and 25
- **Week of intercession** – Jan 18–25
 - 336 30-minute slots
 - Focus on praying for lost sheep in our families, community, and world