



# stay on Track



Edna Uys

**“I am coming back”**

**“Don’t lose sight of Me and don’t lose sight of what  
I’m doing and about to do”**

**“Partner with Me”**



## Matthew 24:6-14

And you will hear of wars and rumors of wars. See that you are not troubled; for [a]all these things must come to pass, but the end is not yet. 7 For nation will rise against nation, and kingdom against kingdom. And there will be famines, [b]pestilences, and earthquakes in various places. 8 All these are the beginning of sorrows / birth pains. 9 “Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name’s sake. 10 And then many will be offended, will betray one another, and will hate one another. 11 Then many false prophets will rise up and deceive many. 12 And because lawlessness will abound, the love of many will grow cold. 13 But he who endures to the end shall be saved. 14 And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.



**How do we stay on track in the midst of many distractions and adversity?**

**ENDURANCE:**

**the ability to withstand hardship or adversity,  
especially the ability to sustain a prolonged**

**stressful  
effort or activity**



**TOXIC STRESS: when you have prolonged adversity without support.**

**THIS DOES NOT APPLY TO US!**





**TO STAY ON TRACK WE NEED TO GET FIT!**

**WE NEED ENDURANCE**

**6 KEYS TO ENDURANCE IN HEBREWS 12**

- 1. Singular Focus**
- 2. Embrace Discipline**
- 3. Surrender**
- 4. Healthy Relationships**
- 5. Listen and Obey**
- 6. Godly Perspective**



# KEY 1: HAVE SINGULAR FOCUS

## “The Race of Faith

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him (focus on Him) who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. 4 You have not yet resisted to bloodshed, striving against sin.”

Hebrews 12:1-4



**“So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life’s marathon race with passion and determination, for the path has been already marked out before us.**

**2 We look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith’s perfection.”**

**Hebrew 12:1-2 TPT**





## KEY 2: EMBRACE DISCIPLINE

### The Discipline of God

**5 And you have forgotten the exhortation which speaks to you as to sons:  
“My son, do not despise the discipline of the LORD, Nor be discouraged when you are rebuked by Him; 6 For whom the LORD loves He disciplines, And scourges every son whom He receives.” 7 If you endure discipline, God deals with you as with sons; for what son is there whom a father does not discipline?...**

**10b ...He [disciplines us] for our profit, that we may be partakers of His holiness. 11 Now no discipline seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.**



# KEY 3: SURRENDER

## Renew Your Spiritual Vitality

**12 Therefore strengthen the hands which hang down, and the feeble knees, 13 and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.**

## TPT

**12 So be made strong even in your weakness by lifting up your tired hands in prayer and worship. And strengthen your weak knees, 13 for as you keep walking forward on God's paths all your stumbling ways will be divinely healed!**



## **KEY 4 : HAVE HEALTHY RELATIONSHIP with GOD and OTHERS**

**14 Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; 16 lest there be any fornicator or profane person like Esau, who for one morsel of food sold his birthright. 17 For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.**



## KEY 5: LISTEN AND OBEY

### Hear the Heavenly Voice

25 See that you do not refuse Him who speaks. For if they did not escape who refused Him who spoke on earth, much more shall we not escape if we turn away from Him who speaks from heaven, 26 whose voice then shook the earth; but now He has promised, saying, “Yet once more I shake not only the earth, but also heaven.” 27 Now this, “Yet once more,” indicates the removal of those things that are being shaken, as of things that are made, that the things which cannot be shaken may remain. 28 Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear. 29 For our God is a consuming fire.



## KEY 6: HAVE A GODLY OUTLOOK / PERSPECTIVE

**“Stop dwelling on the past. Don’t even remember these former things.  
19 I am doing something brand new, something unheard of. Even now it  
sprouts and grows and matures.**

**Don’t you perceive it?**

**I will make a way in the wilderness and open up flowing streams in the  
desert. 20 Wild beasts, jackals, and owls will glorify me. For I supply  
streams of water in the desert and rivers in the wilderness to satisfy the  
thirst of my people, my chosen ones 21 so that you, whom I have shaped  
and formed for myself, will proclaim my praise.”**

**Isaiah 43: 18-21**







*can you see it?*