

In Hebrews 12: 1-3 we can see five essential things that we need to do in our Christian life to be victorious.

1. Run – run with perseverance

When did we start the race? Each one knows the specific date he/she began the race. This race is continuous, we never stop. It is a race of surrender and obedience. In 1 Cor. 9:27 Paul exhorts us to run as to receive the prize. We should not be running aimlessly, we should have the goal of receiving the prize. Eternity is the prize in this race and it is more important than anything else. We should not lose the baton of faith, prayer etc; we need to hand over the baton to our children

2. Fix the eyes on Jesus

Jesus is the only one we can model our life after – he is the only perfect example. We succeed in life only because we look to Jesus. Whatever we have is the result of fixing our eyes on Jesus. Psalms 34:5, 25:15. We will have challenges and struggles in life. When we look to Jesus he will make our face shine even in the midst of all our problems. He has already overcome every obstacle; he is victorious.

3. Endure (the cross)

Invitation to discipleship is a call to sacrifice (sacrificial life). He will give us rest, but we need to bear the yoke. Be yielded to the master. Matthew 16:24 – deny self, take the cross and follow the master. We may not always like the cross we have to carry, but don't complain. Have the heart to thank God for the cross; it is needed to reach eternity.

4. Do not grow weary and lose heart

We should not grow weary and lose heart at the same time. We could grow weary in our Christian walk, but be careful not to lose heart. Even the great prophet Elijah became weary right after great victory in his ministry. Proverbs 24:10- If you falter in a time of trouble, how small is your strength! The times of trouble are the times we prove our strength and endurance. David in Psalm 61 says, "I will call upon you when I grow weary". In any situation if we can be on our knees there will be answer and deliverance.

5. Meditate

This is our strength. In times of hardships and troubles, meditate on Jesus. When we become weary, meditate on him. When

everything and everybody seem to be against meditate on Jesus. Never give up. He went through and endured everything we experience in our life and he is able to help us endure in this race of faith.

(Pastor K J James @ICA on 3/4/2015)

WHAT IS CHRISTIAN PERSECUTION?

Christian persecution is any hostility experienced from the world as a result of one's identification as a Christian. From verbal harassment to hostile feelings, attitudes and actions, Christians in areas with severe religious restrictions pay a heavy price for their faith. Beatings, physical torture, confinement, isolation, rape, severe punishment, imprisonment, slavery, discrimination in education and employment, and even death are just a few examples of the persecution they experience on a daily basis.

According to The Pew Research Center, over 75% of the world's population lives in areas with severe religious restrictions (and many of these people are Christians). Also, according to the United States Department of State, Christians in more than 60 countries face persecution from their governments or surrounding neighbors simply because of their belief in Jesus Christ.

Each Month:

- 322 Christians are killed for their faith
- 214 churches and Christian properties are destroyed
- 772 forms of violence are committed against Christians (such as beatings, abductions, rapes, arrests and forced marriages)

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“I am the LORD who heals you”

Please pray for:

**Mrs. Marykutty Thomas (Sist. Suja's Mom), Pr. Mathew Samuel,
Bro. Babu Thannickal, Sist. Shiny Chacko, Sam Mathew, Ammini
George, Mariamma Johny (Kunjumol), Usha Danielkutty
Kiran (Dr. Jolly Mathew's granddaughter),
Nirmala (Friend of Snehalatha Nair) & all who are sick among us.**
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