

SHAPE – Lesson 5

Hebrews 12:1–2 KJV “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, 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 is set down at the right hand of the throne of God.”

S – Set your mind.

H – Help your plate.

A – Avoid the junk.

P – Put priorities first.

E – Enough excuses, time to act.

Ecclesiastes 11:1-6 KJV "Ecclesiastes 11:1 ¶ Cast thy bread upon the waters: for thou shalt find it after many days.

Ecclesiastes 11:2 Give a portion to seven, and also to eight; for thou knowest not what evil shall be upon the earth.

Ecclesiastes 11:3 If the clouds be full of rain, they empty themselves upon the earth: and if the tree fall toward the south, or toward the north, in the place where the tree falleth, there it shall be.

Ecclesiastes 11:4 He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap.

Ecclesiastes 11:5 As thou knowest not what is the way of the spirit, nor how the bones do grow in the womb of her that is with child: even so thou knowest not the works of God who maketh all.

Ecclesiastes 11:6 In the morning sow thy seed, and in the evening withhold not thine hand: for thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good."

There is nothing I can do to change this, so why try at all.

Ecclesiastes 11:3

There is a better time to do this, so I will wait until then.

Ecclesiastes 11:4

Acts 26:27–28

Acts 24:25

There is something that I do not understand, so I am not going to do anything.

Ecclesiastes 11:5

Ecclesiastes 11:6

1 Corinthians 3:6–7

Where do we go from where we are right now?

First, we must realize that if our excuses are keeping us from doing what is right, it is sin.

James 4:17

Romans 10:9-10

Second, you need to begin doing what you know God's word tells you to do. You need to obey His call on your life.