

## Planning your Autumn Run

Entangling Sins – sinful practices/responses/choices that keep you from faithfully running for Jesus.

Weights – Encumbrances which slow you down or trip you up in your race with Jesus (not necessarily sinful in themselves).

1. List out:

**Entangling Sins**

**Weights**

Then, note ways you make provision for, people who weaken you, time wasted, lies told/believed, money spent, etc.

2. Pray your way through to a resolve and plan for dismantling and resisting these idols/weights.
3. Spend time in Scripture (specifically Hebrews). See a friend for other encouraging/instructive passages.
4. Find someone you trust and ask them to check in with you, support you, and keep you accountable.