

Reading Sunday 21 June 2026

Hebrews 12: 1 & 1 Corinthians 9: 24 - 25

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.

The need for self-discipline

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever.

© Bible Gateway NIV (UK)