

AUG
31
2024

RUNNING the FACE

Lessons from Hebrews



WELCOME

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.

Heb 12:1

As men, we are often driven by contest, we strive to be the best of our peers. Sometimes it takes just about everything we have to stay ahead of the pack, other times it requires a little flamboyant story telling. How often, though, do we take a moment to stop and ask, "What am I striving for?" or "Where does this lead me?"

Any good coach would tell you that you need to set the right goals to win the prize, you need to stick to your training schedule and you need to avoid distractions. While that's true for our worldly lives, it's also true for our spiritual lives. Our hope is that Jomo's series from Hebrews will point us to the ultimate prize and remind us what it takes to live a grateful godly life.

It's been 5 years and we are thrilled to once again be hosting the Cape Town Men's Convention! This year we have a real treat for you. It'll be a busy day, but we hope to reinvigorate your desire to run the race all the way to the very end.

Gerald Sutherland
CTMC Chairman

Programme

08h00 Registration

09h00 Session 1

10h15 Tea/Coffee

10h45 Session 2

12h00 Lunch

13h00 Electives

13h50 Session 3

15h00 Close



About our speaker



Jomo Mchunu is a dedicated servant of Christ whose journey of faith began in 1996 when he encountered the transformative power of the Gospel at an evangelistic meeting.

He is currently serving as the Rector of Christ Church Hillcrest, but previously served as the REACHSA Bishop in KZN, retiring early due to health reasons. Despite this, he has remained actively involved in Christian leadership and ministry training.

Jomo's passion for leadership and his commitment to empowering Christians is evident in his workshops and engagements with leaders across Africa, particularly South Africa. He is dedicated to exploring the challenges facing his community and inspiring positive change through the teachings of Jesus. Jomo is happily married to Brenda, and they are blessed with three children.



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We invite you to partner with us by sharing your professional insights, wisdom and networking opportunities as we seek to expand our project in the Western Cape.

Western Cape Director

Andrew Barnes

andrewb@lovetrust.co.za

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contact us.



Hebrews 2: 1-4

Warning to Pay Attention

1 We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.

2 For since the message spoken through angels was binding, and every violation and disobedience received its just punishment, 3 how shall we escape if we ignore so great a salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him. 4 God also testified to it by signs, wonders and various miracles, and by gifts of the Holy Spirit distributed according to his will.

Session 1

Some questions to think about:

1. There's a call to action in vs 1, why it is so important?
2. To drift away seems fairly gentle, so what is the real danger they are facing?
3. Can you answer the rhetorical question in verse 3?
4. What is this salvation the writer is talking about?
5. According to this passage, what is the role of "signs, wonders and gifts of the Spirit"?
6. Are you paying attention to God at a moment?
7. Are you on course or feeling the drift? What are you doing about it?

Hebrews 10:

A Call to Persevere in Faith

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

26 If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, 27 but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. 28 Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. 29 How much more severely do you think someone deserves to be punished who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace?

30 For we know him who said, "It is mine to avenge; I will repay," [d] and again, "The Lord will judge his people." [e] 31 It is a dreadful thing to fall into the hands of the living God. 32 Remember those earlier days after you had received the light, when you endured in a great conflict full of suffering. 33 Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. 34 You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. 35 So do not throw away your confidence; it will be richly rewarded. 36 You need to persevere so that when you have done the will of God, you will receive what he has promised. 37 For, "In just a little while, he who is coming will come and will not delay." [f] 38 And, "But my righteous [g] one will live by faith. And I take no pleasure in the one who shrinks back." [h] 39 But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

Session 2

Some questions to think about:

1. Based on Christ's work what are we called to do in this passage? Take note every time "let us" appears in the text.
2. Why so much emphasis on "doing" stuff?
3. Have you ever been encouraged by someone at Church? Why it is so important to encourage one another and how can we do that as men?
4. What happens to those who deliberately keep on sinning (26-27) and those who "trample" the Son of God (28-29)?
5. There's a fearful thing in verse 31, what do you think will happen?
6. In vs 32-39, God's people are called to action. What are they called to do in verses 32-39?
7. Have you ever felt like shrinking back? What keeps you going?
8. What is the one thing you are taking away with you so far?

GANGSTAR CAFE

Gangstar Café is a social enterprise of The Message Trust since April 2017. It offers training and employment opportunities to previously incarcerated individuals to break the cycle of re-offending, crime and gangsterism.

***Since 2021: 110 trained – 62 Employed as Baristas
Presently: 2 Permanent Staff, 4 Casuals & 1 Trainer***

Venue Hire:

Gangstar Café (Mowbray) is an amazing venue to hire for 60-70 people.

Mobile Coffee Services:

We have two Gangstar Coffee Trailers and the Gangstar Coffee Cart for hire which can be used both indoors and outdoors.

Hire our Gangstars:

Our Gangstars have stories that are truly an inspiration to youth at risk across Cape Town and are available to speak in schools, churches and community events.

Teambuilding Experience:

Gangstar offers a unique interactive coffee tasting experience that leads you on a fascinating exploration of flavours, aromas and textures between coffee and various food items.

Buy our coffee for your office or church - Sign up for a monthly coffee subscription for your office, church or home.

If you have any questions, please contact:

Ingrid Kalie-Moses

info@gangstarcafe.com | 063 651 9398

Session 2

QUESTIONS I MIGHT BE ASKING	SESSION I SHOULD CHOOSE
<p>How can I see my work as a calling and worship, especially when I'm facing challenges in balancing work and faith?</p>	<p>Beyond the 9-to-5 Grind Uncovering Our True Identity as Workers, Worshipers, and Missionaries</p>
<p>Does God really care about me? What happens when I have second thoughts? Is there any hope for me when I don't feel God's love?</p>	<p>Doubt: When faith has questions</p>
<p>How do I honor God with my money? How do I make space in my budget for God when I'm hardly making it as it stands?</p>	<p>Cents & Sensibility Let's talk God, Money and Finance</p>
<p>How do I get out from under the habit of looking at Porn? I try, but get sucked back in eventually. I have a friend who is constantly sending me inappropriate pics. What do I do?</p>	<p>Porn... Problem?</p>
<p>Who can I trust in this day and age? How do I build and maintain trustworthy friendships? Am I a trustworthy person?</p>	<p>Trust. Worthy</p>
<p>I can't be in church on Sunday because my team needs me - is this really such a problem? We're often at the Holiday House. What's the point of having one if I can't use it regularly?</p>	<p>When leisure gets in the way of rest</p>



Choose your elective by scanning the QR code

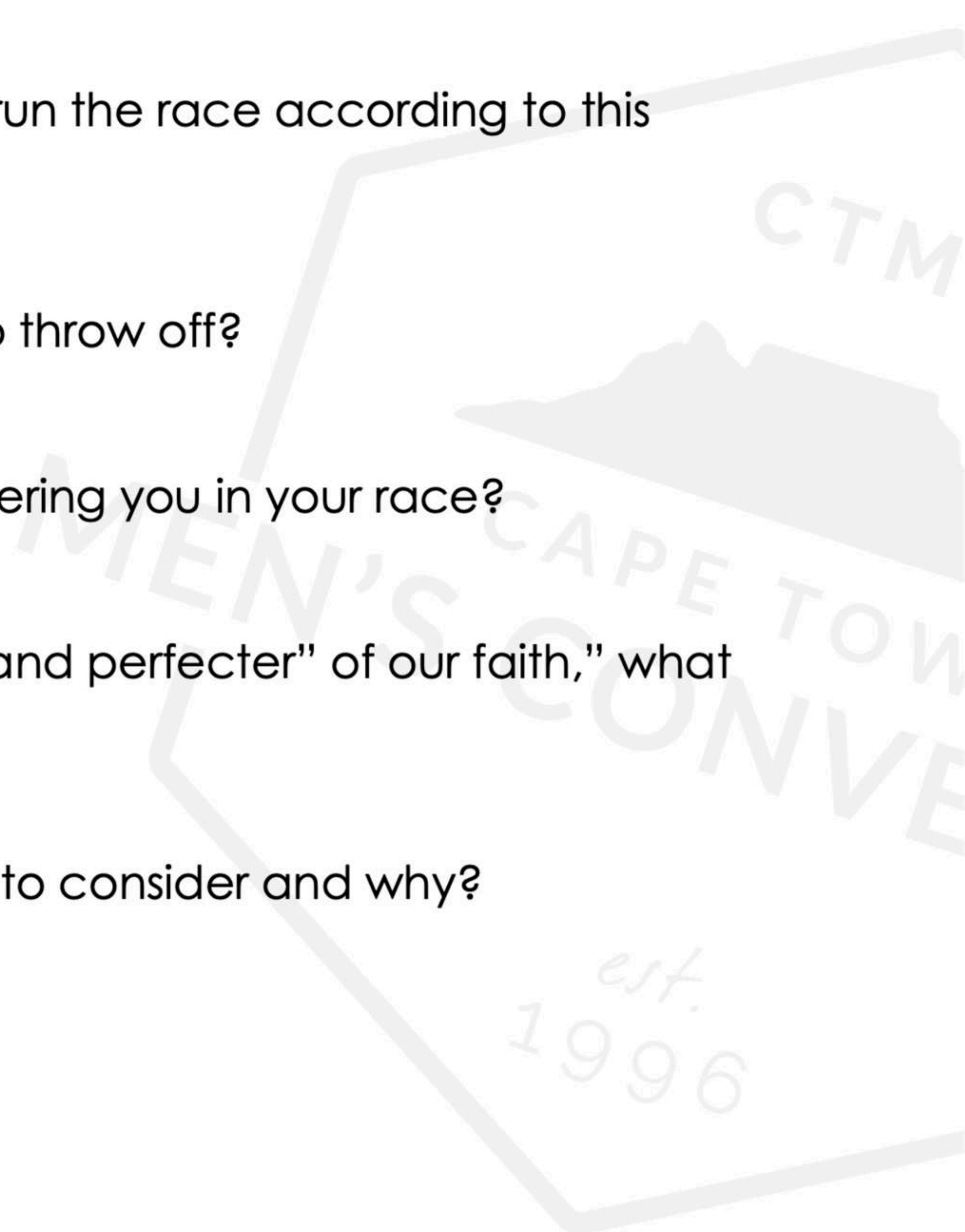
Hebrews 12: 1-3

1 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, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Session 3

Some questions to think about:

1. We are surrounded by the “great cloud of witnesses.” Who are they and why are they important?
2. How shall Christians run the race according to this passage?
3. What do we have to throw off?
4. What is it that is hindering you in your race?
5. Jesus is the “author and perfecter” of our faith,” what does this mean?
6. What are we called to consider and why?



Resource List

TGIF

Alan Willenburg – 072 463 9343
alanwillenburg23@gmail.com

If you work or live in the City Bowl, come and join us to discuss the bible and to work through some of Paul Tripp's great material. We meet on Fridays at 6:30am at Cape Town Hollow – Queen Victoria St, Gardens.

Divorce Care – Kenilworth

Arne Gulbrandsen - 082 336 9892 |
arneg@manalytix.com – St James

Mark Shaw – 082 558 3366

markshawsa@gmail.com
Tokai Community

DivorceCare is a place where you can hear valuable information about ways to heal from the hurt of divorce. It's so comforting to know you're not alone and that you're going to be okay. Through the videos and small-group discussion time, you'll hear from people who have felt there's nothing left to look forward to—and now they're starting to smile again. They'll help you do the same. New sessions begin in early 2025.

GriefShare – Kenilworth

Michael Meyer – 083 306 3306
mlmjgmeyer6@gmail.com

GriefShare is a grief support group for those who are grieving, hosted by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time. The next course starts on 7 September 2024 at St James Church and runs for 13 weeks.

Hands with words – Kenilworth

Sharon Bey-Leveld – 084 516 5226
sharon@handswithwords.org.za

Hands With Words exists to love, serve and uplift the Deaf into being a part of God's kingdom on earth. We envision a future where its mission is carried through the hands and hearts of many Christian leaders, both deaf and hearing, who are spread throughout South Africa and our neighbouring African countries. We are currently involved in the huge project of translating books of the Bible into Sign Language as well as offering Sign Language classes.

STOP! – Connect Church Meadowridge

Clive Human 083 463 4762
stop@unix.co.za | www.stop.org.za

Are you struggling with a pornography addiction? Standing Together to Oppose Pornography (S.T.O.P.) counsels, advises and equips men regarding the dangers of pornography. All meetings and conversations are strictly confidential.

Catering by:

Stromboli's Catering
(Supporting Addicts in Recovery)
084 484 3068
craig@strombiliscatering.co.za

Feedback

We're thrilled that you joined us at CTMC2024 and we'd really value your feedback from the event.

Please take a minute to fill out our form by scanning the QR Code





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