

# Hebrews 12:1-3 (NASB)

<sup>1</sup>Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, <sup>2</sup>fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. <sup>3</sup>For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

# Running the Race With Endurance



# Running the Race With Endurance

## 1. Eliminate excess baggage.

Heb. 12:1: “Let us lay aside every encumbrance and the sin which so easily entangles us”

- Lay aside sin
- Lay aside encumbrances



# Running the Race With Endurance

## 2. Run with endurance, despite the obstacles.

Heb. 12:1: “Let us run with endurance the race that is set before us.”

# Running the Race With Endurance

## 2. Run with endurance, despite the obstacles.

- The Lord uses obstacles to help us grow in Christ-like character.

Heb 12:11: “All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.”



# Running the Race With Endurance

## 2. Run with endurance, despite the obstacles.

### ➤ Develop an eternal perspective.

Heb. 12:2: “For the joy set before him, Jesus endured the cross.”

2 Cor. 4:16-18: “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”

# Running the Race With Endurance

## 3. Fix your attention on the goal.

Heb. 12:2: “fixing our eyes on Jesus, the author and perfecter of our faith”

# Running the Race With Endurance

## 3. Fix your attention on the goal.

- Jesus is the perfect example of how to live the life of faith.
  - ✓ “Author of faith”: the leader, the one who has gone before.
  - ✓ “Perfector of faith”: He lived in perfect dependence on God.



# Running the Race With Endurance

## 3. Fix your attention on the goal.

- Jesus is the perfect example of how to live the life of faith.
- ✓ The cross is the supreme demonstration of Jesus' faith.

Heb. 12:2-3: “For the joy set before Him He endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself.”

# Running the Race With Endurance

## 3. Fix your attention on the goal.

➤ How to fix your eyes on Jesus:

✓ Look at his example.

Heb. 12:3: “Consider him”

Heb 4:15: “We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are, yet was without sin”

# Running the Race With Endurance

## 3. Fix your attention on the goal.

➤ How to fix your eyes on Jesus:

✓ Fix your thoughts on Jesus.

Heb. 12:2: “fixing our eyes on Jesus”

# Running the Race With Endurance

## 3. Fix your attention on the goal.

➤ How to fix your eyes on Jesus:

✓ Trust in Jesus for help.

Heb 2:18: “Because He Himself suffered when he was tempted, he is able to help those who are being tempted”

# How are you doing running the race of the Christian life?

“I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day.” (2 Tim 4:7)