



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 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him 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 sinful men, so that you will not grow weary and lose heart.

1. Hear the testimony of those who have finished well

¹ Therefore, since we are surrounded by such a great cloud of witnesses,

- ▲ *They ran in faith*
- ▲ *They ran faithfully*
- ▲ *They ran and finished*

2. Run your own Christian race with passion and toughness

¹ and let us run with perseverance the race marked out for us.

- ▲ *You have a spiritual race to run*
- ▲ *You have a specific and strategic race to run*
- ▲ *You have a strenuous race to run*

3. Throw off everything that hinders you from running well

¹ let us throw off everything that hinders and the sin that so easily entangles,

- ▲ *Throw off the sin that entangles*
- ▲ *Throw off the shackles and the shenanigans that encumber*
- ▲ *Throw off the stinky stuff that embitters*

4. Fix your eyes on Jesus, all the way from start to finish

² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him 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 sinful men,

- ▲ *Lock your look onto Jesus daily*
- ▲ *Learn to love Jesus deeply*
- ▲ *Latch onto Jesus desperately*
- ▲ *Listen to Jesus dependently*

5. Don't run out of steam, but get refreshed regularly

³ so that you will not grow weary and lose heart.

- ▲ *Linger in his presence*
- ▲ *Live on his power*