

Therefore we also, since we are surrounded by so great a cloud of witnesses,

**let us lay aside every weight, and the sin**

**which so easily ensnares us, and let us run with endurance the race that is set before us**

(Hebrews 12:1)

## Open to Hebrews 12:1

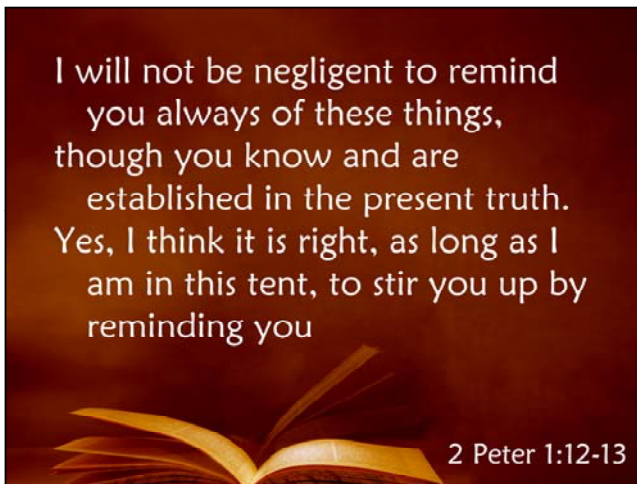
Sometimes what we need to hear, is what we already know.

For most, today, I am not going to bring before you something new I will remind you of what know

Spiritually, what we often need, is to be reminded of the basics, things we understand things that are clear to us... but we still need to hear again

That is what God tells us thru Peter (Next Slide)

1



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Won't be negligent to remind  
Though you know it already  
Going to continue to remind

Often what we need on a Sunday is this

Truth is—God's truth is unchanging  
- thus if new, not true  
- if true, it is not new

2

Understand the Race (illustration)

- Endurance Race



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God likens the Christian life to a race. Does so often, many ways  
- it is a simple, powerful picture

Today, just want to ask you to see it again...understand the picture

This race...is an endurance race  
- vital that you see this  
- in fact...endurance is the main call, point...in whole section

Next slide

We have need of endurance (10:36)

..since..surrounded..by..witnesses ...(v1)

Endurance by Example

...let us run with endurance (v1)

Endurance by Seeing the Race

looking unto Jesus..who..endured.. (v2)

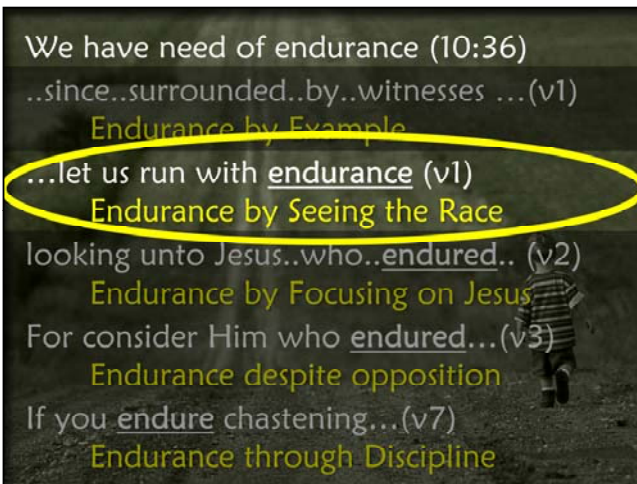
Endurance by Focusing on Jesus

For consider Him who endured...(v3)

Endurance despite opposition

If you endure chastening...(v7)

Endurance through Discipline



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Section started in Heb 10  
- we need, have need – to endure

Chapter 12 – keys on how!

- 1) By example v.1 – last week
- 2) Today – seeing race v.1
- 3) Next week v.2 – seeing Jesus
- 4) V.3 – in spite of opposition
- 5) V.7 via God's discipline

Point is, God is seeking to build in you and in me – endurance

Today...by seeing the race

Understand the Race (illustration)

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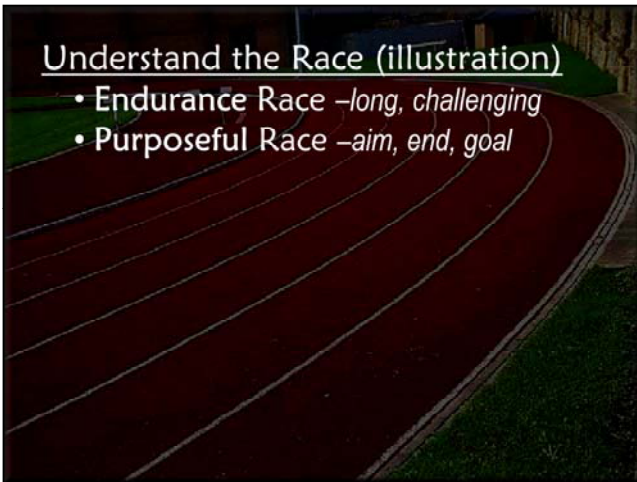
(Hebrews 12:1)

Endurance race

- not a sprint – long haul
- Big diff from sprint to marathon
- Greek word for race – Agon, get our word “agony” from

Understand the Race (illustration)

- Endurance Race –*long, challenging*
- Purposeful Race –*aim, end, goal*



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Endurance race

- long, challenging
- just need to see the race

Purposeful race

- Aim, end, goal – intention
- You are in a race, for purpose, pursuing a goal
- (next slides)

Do you not know that those who run in a race all run, but one receives the prize?  
Run in such a way that you may obtain it.

I Corinthians 9:24-25

Run seeking to get reward, prize

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7

Brethren, I do not count myself to have apprehended;  
but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead,  
I press toward the goal for the prize of the upward call of God in Christ Jesus.

Philippians 3:13-14

Press after

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8

And everyone who competes for the prize is temperate in all things.

Now they do it to obtain a perishable crown, but we for an imperishable crown.

I Corinthians 9:24-25

Our reward – real, eternal

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### Understand the Race (illustration)

- Endurance Race –*long, challenging*
- Purposeful Race –*aim, end, goal*
- Personal Race –*not competition-fulfillment*

Purposeful – are you?

- Forgot?... meandering on track?
- Sitting down, given up

Important to remember....

Personal race

- Not against me, others
- Running your own race

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10

But none of these things move me;  
nor do I count my life dear to  
myself, so that  
I may finish my race with joy,  
and the ministry which I received  
from the Lord Jesus

Acts 20:24

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Note words – finish my race with joy

- This is the key...finish
- Finish what Jesus has for me

11

### Understand the Race (illustration)

- Endurance Race –long, challenging
- Purposeful Race –aim, end, goal
- Personal Race –not competition-fulfillment

### Key factors in Running this Race

- Weights - Lay aside hindrances

Do you see the race?

- Are you in the race?
- If not, need to be saved

How to endure in race – 3 keys

- Lay aside weights
- Easy understanding. Not talking sin here, not bad or wrong things
- Just things that hold us back
- Picture running marathon with rain coat, 50 lb backpack

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12

All things are lawful for me, but  
not all things are helpful...



1 Corinthians 10:23

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- Endurance Race –long, challenging
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- Weights - Lay aside hindrances
- Sin - be unentangled
  - “the sin”?

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All things – not sin

- Many things in life, not clear in  
Word...fine

Is it helpful?

Weights – deal with, lay aside

- Story of runner. Can I smoke and  
run? Yes, but can't smoke and  
win.
- Need to say this – different here
- Not call to asceticism – some that  
could be extreme
- Point is...what holding down
- Spirit will draw out
- Good things....yet bad because  
keep from this.

Sin – be unentangled

Note Definite article

- What is “the” sin.
- Two possibilities

14



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- Sin - be unentangled
  - “the sin”? Unbelief?

Could be unbelief

- Key, thematic in Hebrews
- Lack of believing God, leads us to sin, is sin.
- True, in fact, ever sin is unbelief
- Possible that this is point...
- but could also be....

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- Sin - be unentangled
  - “the sin”? Unbelief? One you struggle with
  - Get unentangled – get up when fall

Sin you struggle with. You know what it is in your life. Your struggle

Get unentangled. Picture running trapped in mess of wire, weeds

- Deal with sin, get up

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16

Do not rejoice over me, my enemy;  
When I fall, I will arise;  
When I sit in darkness, The Lord  
will be a light to me.

Micah 7:8

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If fall down...get up

- In minds eye – see two pictures.
- 1980 Olympics, Zola bud, fallen, not getting up
- Eric Little, fallen, gets up and runs, wins
- If tripped up, get up - run

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Important to get up when fall down

Equally, more – try not to fall

- See your sin...avoid

18

And do not lead us into temptation,  
But deliver us from the evil one.

Matthew 6:13

Good to pray through, daily  
- specifically

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In order to endure, have to deal with  
entanglement of sin

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- Endurance - Run with

### 3<sup>rd</sup> Key – endure

- in a way odd to say
- All of this points to endurance
- Yet, simple key – endure, keep going, get going

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In 1981 Bill entered the Pepsi Challenge 10,000-meter race in Omaha, Nebraska. Surgery ten years earlier for an aneurysm in the brain had left him paralyzed on his left side. Now, on that misty July morning, he stands with 1,200 like men and women at the starting line. The gun sounds! The crowd surges forward. Bill throws his stiff left leg forward, pivots on it as his foot hits the ground. His slow plop—plop—plop rhythm seems to mock him as the pack races into the distance. Sweat rolls down his face, pain pierces his ankle, but he keeps going. Some of the runners complete the race in about thirty minutes, but two hours and twenty-nine minutes later Bill reaches the finish line.

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Racing for the record: Holly Koester, 48, was the first person to ever complete a marathon in all 50 states using a push-rim wheelchair



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Honestly – for most, know this all  
Yet we need it.

Two questions

1) Are you in the race?

- only one entrance, Jesus
- Picture like entering Olympics

2) Are you enduring

- Some sitting down
- Some meandering
- Some distracted
- See the race....get back at it, endure – plod

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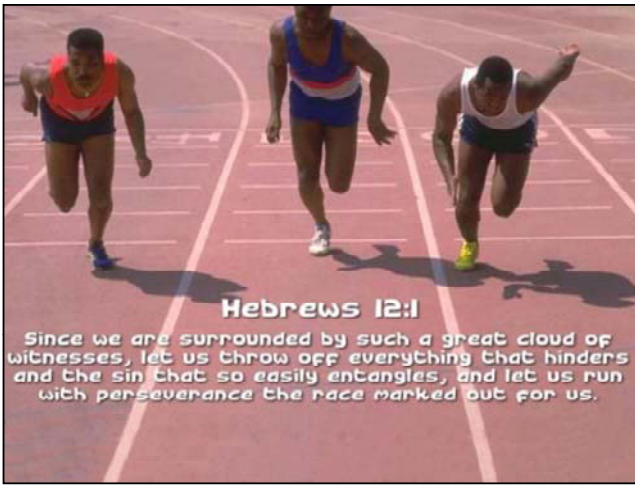
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26



**Hebrews 12:1**

*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.*

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