

Run for Your Life!

Text: Hebrews 12:1-4

Main Idea: We can & must run the race of faith by remembering the faithful saints of the past, preparing for the present, and hoping for the future!

1. We must be _____ with _____ by the great believers *of the past* who never buckled but victoriously lived the life of faith. (v. 1a)
 - They are examples of _____: temptation, trials & opposition.
 - They are witnesses of God's _____, not of us!
2. We must _____ ourselves of _____ *in the present*, which prevent us from living the life of faith. (1b)
 - _____ good, innocent & pleasant things that _____ us down!
 - _____
 - _____
 - _____
 - _____
 - _____ sin that surely _____ us up!
3. We must _____ our gaze on the perfect _____ of Jesus who alone can strengthen our hope *for the future* preventing us from growing weary or losing heart! (2-4)
 - On who He _____: The only founder & perfecter of our faith.
 - On how He _____: With joy He endured receiving the prize.
 - On how He _____: Endured hostility to the very end!

Run for Your Life!

Text: Hebrews 12:1-4

Main Idea: We can & must run the race of faith by remembering the faithful saints of the past, preparing for the present, and hoping for the future!

1. We must be _____ with _____ by the great believers *of the past* who never buckled but victoriously lived the life of faith. (v. 1a)
 - They are examples of _____: temptation, trials & opposition.
 - They are witnesses of God's _____, not of us!
2. We must _____ ourselves of _____ *in the present*, which prevent us from living the life of faith. (1b)
 - _____ good, innocent & pleasant things that _____ us down!
 - _____
 - _____
 - _____
 - _____
 - _____ sin that surely _____ us up!
3. We must _____ our gaze on the perfect _____ of Jesus who alone can strengthen our hope *for the future* preventing us from growing weary or losing heart! (2-4)
 - On who He _____: The only founder & perfecter of our faith.
 - On how He _____: With joy He endured receiving the prize.
 - On how He _____: Endured hostility to the very end!

Application/Study Questions:

1. The writer of Hebrews tells us to “run the race” of faith in light of the “cloud of witnesses” that surround us. Surely this is in reference to the men and women of faith listed in chapter 11. What is it that should inspire/motivate us? Do you think these witnesses are witnessing us much like a crowd is cheering on the athletes in a race? Wouldn’t it paralyze you to think that they were watching us run? Or do you think they are “giving witness” as examples of something greater? How are these witnesses supposed to motivate us to run with perseverance?
2. Using athletic terminology, the writer tells us to prepare for the race of faith by throwing off two things. What are those two things? Why is it necessary to throw these things off? If we do not throw them off, what does it say about the commitment of our heart concerning this race of faith?
3. Think through your life in the past 5 years. Is there anything “good and pleasant” that might have hindered you from running the race of faith with perseverance? Is there anything that you might need to *eliminate* or *diminish* so that your running could be more effective?
4. Is there any sin that is “clinging” to you that you need to rid yourself? How radical do you need to act upon this sin? (See Matthew 5:27-30) Do you need help in any area of your life eliminating a particular sin? Why don’t you ask for help? (See Heb 10:23-24) Do you know of anyone who needs help? How could you help them without being condemning? (Matt 7:1-5)
5. Runners are always encouraged to keep their eyes on the finish line so that they will not be distracted. The author of Hebrews has a different strategy. What are we to keep our eyes on? How will this help us not to be distracted?
6. How did Jesus run the race set before Him? How is that an example for us?
7. In the race of faith, resisting is vitally important. What do we need to resist? (Ideas, philosophies, material things, etc.) Is it possible that when we resist these things it may require the “shedding of blood?” Again, how does Jesus’ example help us not to grow “weary or fainthearted” in our struggle?

Application/Study Questions:

1. The writer of Hebrews tells us to “run the race” of faith in light of the “cloud of witnesses” that surround us. Surely this is in reference to the men and women of faith listed in chapter 11. What is it that should inspire/motivate us? Do you think these witnesses are witnessing us much like a crowd is cheering on the athletes in a race? Wouldn’t it paralyze you to think that they were watching us run? Or do you think they are “giving witness” as examples of something greater? How are these witnesses supposed to motivate us to run with perseverance?
2. Using athletic terminology, the writer tells us to prepare for the race of faith by throwing off two things. What are those two things? Why is it necessary to throw these things off? If we do not throw them off, what does it say about the commitment of our heart concerning this race of faith?
3. Think through your life in the past 5 years. Is there anything “good and pleasant” that might have hindered you from running the race of faith with perseverance? Is there anything that you might need to *eliminate* or *diminish* so that your running could be more effective?
4. Is there any sin that is “clinging” to you that you need to rid yourself? How radical do you need to act upon this sin? (See Matthew 5:27-30) Do you need help in any area of your life eliminating a particular sin? Why don’t you ask for help? (See Heb 10:23-24) Do you know of anyone who needs help? How could you help them without being condemning? (Matt 7:1-5)
5. Runners are always encouraged to keep their eyes on the finish line so that they will not be distracted. The author of Hebrews has a different strategy. What are we to keep our eyes on? How will this help us not to be distracted?
6. How did Jesus run the race set before Him? How is that an example for us?
7. In the race of faith, resisting is vitally important. What do we need to resist? (Ideas, philosophies, material things, etc.) Is it possible that when we resist these things it may require the “shedding of blood?” Again, how does Jesus’ example help us not to grow “weary or fainthearted” in our struggle?