

## Run with endurance, January 24, 2026

### I. Introduction:

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. Hebrew 12:1

#### Endurance, hypo-monē,

Hupō, hoop-o'; to place beneath

Monē, steadfastness, constancy, endurance

Run, trechō, used in Greek writings about extreme peril which requires one's maximum effort to overcome

Race, agōn, noun, an assembly met to see games, a battle, any struggle

### II. Who are our witnesses?

Therefore, since we are surrounded by so great a cloud of witnesses, let us run-----Hebrew 12:1

Therefore; toigaroun, for which reason, therefore, consequently

Cloud; a large dense multitude, a throng, a grandstands

The cloud of witnesses are listed from Hebrews 11

For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, enforced justice - put foreign armies to flight. - Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword. They went about in skins of sheep and goats, destitute, afflicted, mistreated— of whom the world was not worthy—wandering about in deserts and mountains, and in dens and caves of the earth. Hebrews 11:32

#### A. Witnesses in heaven who are with us as we run our race-

1. God is watching our race-

The eyes of the LORD are toward the righteous and his ears toward their cry. Psalms 34:15

For the eyes of the LORD run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him. II Chronicles 16:9

2. Jesus is watching our race-

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Mathew 28:19

3. The Holy Spirit is watching us-

"If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. John 14:15

#### B. Witnesses here on earth watching our race-

1. Our mates-

Husbands, love your wives, as Christ loved the church and gave himself up for her. Ephesians 5:25

Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband. Ephesians 5:31

2. Our families-

Train up a child in the way he should go; even when he is old he will not depart from it. Proverbs 22:6

Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land." Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Ephesians 6:2

3. Our neighbors-

He said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. Mathew 22:37

I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. Mathew 5:44

#### C. What are our witnesses looking for?

1. Looking for authenticity-

A disciple is not above his teacher, nor a servant above his master. It is enough for the disciple to be like his teacher, and the servant like his master. Mathew 10:34

Assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:21

2. Looking for God's love in us-

"If you love me, you will keep my commandments. John 14:15

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another." John 13:34

### III. What are the weights, and sins that hold us back?

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us Hebrews 11:1

Race; agōn, noun, an assembly met to see games, a battle, any struggle

Sin; hamartia, to miss the mark, to err, be mistaken to miss or wander from the path of uprightness

#### **A. We sin and fall short-**

For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith. Romans 3:22

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us. I John 1:8

#### **B. Weights, and sins that clings so closely to each Christian-**

1. The battle with our sin nature on the inside-

For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin. Romans 7:22

For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. Galatians 5:16

Sin; hamartia, to miss the mark, to err, be mistaken to miss or wander from the path of uprightness

2. The battle with sin from the spiritual forces of darkness-

Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Ephesians 6:11

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. I Peter 5:8

#### **B. The battle with sin for those who are not born again-**

For if we go on sinning deliberately after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, but a fearful expectation of judgment, and a fury of fire that will consume the adversaries. Anyone who has set aside the law of Moses dies without mercy on the evidence of two or three witnesses. How much worse punishment, do you think, will be deserved by the one who has trampled underfoot the Son of God, and has profaned the blood of the covenant by which he was sanctified, and has outraged the Spirit of grace? Hebrews 10:26

This is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. John 3:19

Willfully:hekousiōs, voluntarily, willingly, of one's own accord as opposed to sins committed from ignorance or from weakness

### **IV. What race are we running?**

"Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few Mathew 7:13

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. John 3:16

#### **A. Two races to run, a physical and a spiritual race**

1. Our physical race-

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. Psalms 139:14

Just as it is appointed for man to die once, and after that comes judgment. Hebrew 9:27

For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil. II Corinthians 5:10

2. Our spiritual race-

God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die." But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:4

You were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind. Ephesians 2:1

Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." John 3:3

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:8

#### **B. Examine ourselves**

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?— unless indeed you fail to meet the test! I hope you will find out that we have not failed the test. II Corinthians 13:5

### **V. How are we training for our race?**

Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. Hebrew 12:1

**A. Fixing our eyes on Jesus-**

You, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. Colossians 2:13 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. II Corinthians 5:17 & 21

**B. Abiding in Jesus and His word-**

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. 6 If anyone does not abide in me, he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. 7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. 8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples. John 15:5

**C. Worship Jesus and the Father- What is the joy set before us?**

The hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. John 4:23

Worship; *proskyneō*, to kiss toward another, one, in token of reverence

**V. Application-**

I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing. II Timothy 4:7

His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master. Mathew 25:21

'I know your works: you are neither cold nor hot. Would that you were either cold or hot! 16 So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. Revelation3 :15

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness. Mathew 7:21