

Heb 12:1-3

Running the Race of Your Life

I. Introduction: The author of Hebrews urged his audience to run the race of faith with endurance, striving to successfully overcome the difficulties of life and finish strong.

II. Running the Race of Your Life (Heb 12:1-3).

A. Our Encouragement (v. 1).

1. The author of Hebrews encouraged his Jewish audience to run the race of faith with endurance since the Christian life is a marathon, not a sprint.

B. Our Encumbrances (v. 1b).

1. The writer of Hebrews challenged his audience to eliminate the hinderances and sin that were weighing them down in their faith.

C. Our Example (v. 2a).

1. The author urged his readers to fix their hope on Jesus because He has already completed the race, as the author and perfecter of our faith.

D. Our Emphasis (v. 2b).

1. The writer urged his readers to focus on Christ who is seated at God's right hand, our example of suffering, who endured the cross because of joy.

E. Our Enemies (v. 3).

1. The author of Hebrews urged his Jewish audience to consider Jesus, who withstood the hostility of sinners so that we will not grow weary or lose heart.

III. Conclusion: The author encouraged his Jewish audience to run the race of life without encumbrances, focusing on Jesus who has victoriously crossed the finish line.

Study Questions: Running the Race of Your Life

1. How do the heroes of faith motivate you to follow Jesus? Are you enduring the difficulties of life? Do you want to give up? What keeps you from running the Christian life well?
2. What command does the author of Hebrews give to Christians? (**Heb 12:1-3**) Who are the cloud of witnesses? (**v. 1**) Why were some of the Jewish Christians ready to give up? (**Heb 10:32-35**)
3. What did the writer say they need to do to run well? (**Heb 12:1**) Why did he distinguish between encumbrances and sin? What are some impediments to your faith?
4. What is the sin that he mentioned that entangles us? (**Heb 12:1**) How do we overcome sin in our lives? (**1 John 1:9**) Why is it important that we run the race that God has set before us?
5. How do we know what to focus on when we run? (**Heb 12:2**) What does it mean that Jesus is the “author” of our faith? (**v. 2**) Why is it critical that Jesus is the perfecter of our faith? (**v. 2**)
6. How was Jesus able to endure the cross? (**Heb 12:2**) What was the joy that the author speaks about here? (**Luke 15:7, 10, 32**) Why is it critical to know that Jesus sat down on His throne?
7. What does it mean that we are to consider Jesus? (**Heb 12:3**) How does understanding Jesus’ suffering help us to endure? (**v. 3**) How does it keep us from giving up? (**v. 3**)
8. Are you running the race of faith well? (**Heb 12:1-3**) Is there anything hindering you from running it? (**v. 1**) Are you fixing your eyes on Jesus? (**v. 2**) What may be distracting you?

Prayer

1. Pray that God might reveal to you anything that is hindering you from running for Jesus.
2. Pray that God might help you fix your eyes on Jesus, making Him the focal point of your life.