

What was the joy that carried Jesus through such a horrific ordeal?

[illegible]

1. **Verse 1 urges us to lay aside not only “every weight” but also “the sin that so easily entangles.”** This is the language of renunciation. There is nothing timid or tentative about this; it is warfare.

2. **What does it mean to “consider” Jesus?** The writer clearly has in mind the sufferings of Jesus. You can “consider” the sufferings of Christ by reading slowly, thoughtfully, prayerfully through one of the Gospel accounts of the events of that dark day, stopping often to speak to Him, thanking Him for His endurance on your behalf. (Matt 26:36-27:50 is one such account.)