



# Hebrews

**"It's Time to Run Your Race of Faith"**

***Hebrews 12:1-3***

**3 Essentials in running  
your race of faith  
in Jesus Christ**



**H e b r e w s**



**1. Remove any sin or hindrance as you live for Jesus Christ  
—just like those who have gone before you. (v.1a)**



**Some sins can be *easily avoided*, but are not.  
Some sins are *admired*, yet must be laid aside.  
Some sins are *ensnaring* and thus especially harmful.  
Some sins are more *dangerous* than others are.**

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**H e b r e w s**



- 1. Remove any sin or hindrance as you live for Jesus Christ—just like those who have gone before you. (v.1a)**
- 2. Focus your life on Jesus as you run the race of faith marked out before you. (v.1b-2)**



**“Do not even look upon the race-course,  
or the competitors, but look to Jesus  
and so start in the race.” -Charles Spurgeon**

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- 1. Remove any sin or hindrance as you live for Jesus Christ—just like those who have gone before you. (v.1a)**
- 2. Focus your life on Jesus as you run the race of faith marked out before you. (v.1b-2)**
- 3. Take encouragement in your trials by remembering the perseverance of Jesus in the face of sinners (v.3)**

**Think of all the hostility Jesus endured from sinners:**

- **At His own synagogue in Nazareth they wanted to kill Him.**
- **The religious leaders constantly tried to trap and embarrass Him.**
- **They lied about Jesus, saying He was a drunkard and a glutton.**
- **He was betrayed by one of His own disciples.**
- **He was mocked and beaten.**
- **His own people cried out against Him, "Crucify Him!"**

**Average life expectancy in the US is 78.79 years (2019)**

**79 years is 28,835 days. 4,114 weeks. 947 months.**

- 70 = 9 years from the average is 3,285 days. 464 wks 107 mths**
- 60 = 19 years from the average is 6,935 days. 986 wks 227 mths**
- 50 = 29 years from the average is 10,585 days. 1,507 wks 347 mths**
- 40 = 39 years from the average is 14,235 days. 2,029 wks 467 mths**
- 30 = 49 years from the average is 17,885 days. 2,550 wks 587 mths**
- 20 = 59 years from the average is 21,549 days. 3,078 wks 708 mths**