



Message 7 | By Faith Run with Endurance Text | Hebrews 12:1-4

Spotlight: Faith calls us to run the long race with endurance, keeping our eyes on Jesus—the ultimate example and finisher of our faith.

NOT SIGHT - Take your eyes off everything else and focus singularly on JESUS.

Summary: Hebrews 12:1–4 shifts from reflection to action. After reviewing the lives of those who lived by faith, the author turns to the present: now it's your turn to run. But this is not a sprint—it's a marathon. The Christian life requires laying aside weights, enduring hardship, and fixing our eyes on Jesus, who endured the cross and is now seated in glory.

This final message challenges believers to live with holy focus, steadfast perseverance, and Christ-centered vision, drawing strength from both the saints before us and the Savior who is before us.

“Every runner has a reason to keep running.”

What would motivate you to keep going when everything in you wants to quit? That's the question the early church was facing—and Hebrews 12 gives the answer: Jesus.

1. Strip Off **Every** Weight (v. 1a)

- Not all weights appear sinful—some weights are just distractions - however, distractions can lead to disobedience. (whatever is prominent, protuberance, bulk, mass, hence a burden, weight, encumbrance) Whatever is slowing you down spiritually, throw it away!!!
- Sin entangles. Distractions lead to disobedience. Faith discerns and sheds both.

2. **Run** with Endurance (v. 1b)

- As you are running. The more you discard before you are running the better!

- The Christian life is not a sprint—it's a long, grueling, glorious, marathon race.
- “Marked out” = God has assigned your race. Don't compare. Not just any race. The same race Jesus ran!
- Endurance implies effort, pain, perseverance—and reward.

3. Fix Your Eyes on Jesus the Prize (v. 2)

- He is the pioneer and perfecter of our faith.
- Jesus endured the cross and is now seated at the right hand of the Father in victory.
- Eyes on Jesus = motivation, strength, and clarity for every step.

4. Remember the Joy When You Feel Like Quitting (v. 3)

- Jesus knows what it's like to be weary, opposed, rejected.
- But He never gave up—and He lives in us by His Spirit.
- The key to endurance isn't gritting your teeth or gutting it out, it's fixing your eyes on Jesus.

5. You Have NOT Given Your All, Yet! (v. 4)

- The struggle against sin is real. Personal. Distractions in this life are a heavy weight. Flesh and Spirit are contrary to one another.
- Your struggle might cost you greatly. Pay the price to fight against the encroachment/temptation.
- Help others as they run their race. Sin easily entangles. Throw it away! Guard your heart and mind. Keep your eyes on Jesus. Nothing in this world is worth taking your eyes off Jesus.

Life Application Discussion Questions

1. Identify one “weight” or “sin” to lay aside this week.
2. Add a new spiritual discipline this week (prayer, Word, fasting) that builds endurance.
3. Write down a vision of Jesus as your goal and motivation—make it personal. Include what he has done for you and what awaits you in his presence.
4. What is slowing down your spiritual race right now? What needs to be laid down? What steps do you need to take, beginning today, to run with greater endurance?
5. How does knowing that God has “marked out” your unique race free you from comparison? You are not competing against others because your race is unique to you!
6. In moments of discouragement, how can you practically “fix your eyes on Jesus”? Who can you identify as an accountability partner in running your race?
7. Who in your life needs encouragement to keep running—and how can you help them?