

Three Things

John Nix / General

Foundations / Hebrews 12:1-3

[Hebrews 12:1-3](#) “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. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”

Introduction

Outline

Be Family—a single drop doesn’t make a cloud.

- The story of our lives is finished in the lives of others.
- Run your own race, but don’t run it alone.

Live With Purpose—lay aside the things that slow you down and run.

- The things that slow you down may not be bad.
- Sin easily entangles us because it is our default.

Make Disciples—look to Jesus and help others do the same.

- Focus on Jesus—the example, object, and source of our faith.
- Keep looking when you’re not sure you can keep running.

RUN

Application

Are you in the cloud?

What do you need to lay aside?

Are you looking to Jesus?

Questions:

1. Share about one of your spiritual heroes.
2. What is something you need to lay aside because it is slowing you down?
3. Explain how someone looks to Jesus for faith? Where should someone look to encourage their faith? ([Romans 10:17](#); [Luke 24:25-32](#))
4. How can joy and suffering go together?
5. Would you describe your spiritual life as running, walking, or sitting, and why? What needs to happen for you to run better?