

# Focus on Jesus

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**Hebrews 11:39 - 12:13** *These were all commended for their faith, yet none of them received what had been promised,<sup>40</sup> since God had planned something better for us so that only together with us would they be made perfect.*

<sup>1</sup> *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,<sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.<sup>3</sup> Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

*God Disciplines His Children*

<sup>4</sup> *In your struggle against sin, you have not yet resisted to the point of shedding your blood.<sup>5</sup> And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,*

*“My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you,*

<sup>6</sup> *because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”*

<sup>7</sup> *Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?<sup>8</sup> If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all.<sup>9</sup> Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live!<sup>10</sup> They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness.<sup>11</sup> No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

<sup>12</sup> *Therefore, strengthen your feeble arms and weak knees.<sup>13</sup> “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.*

## **Introduction**

### **1. Story of Eric Liddell “Chariots of Fire”**

- 1.1 July 1924 Paris Olympics “A Scot with wings on his feet”
- 1.2 Christian – did not compete on a Sunday
- 1.3 Missionary and Martyr in China – he had another race

### **2. A greater race – a marathon of faith**

- 2.1 We all run
- 2.2 Jesus, our inspiration; the Father, our coach

## **Consider Christ the Champion**

### **1. His Title**

- 1.1 Titles in the Hebrew letter (eg. Heb.3:1)
- 1.2 Chief; Prince; Leader; Captain; Pioneer; Example; Source; Perfecter;

### **2. His Race**

- 2.1 He endured the Cross
- 2.2 He endured hostility and opposition
- 2.3 He resisted – to deploy troops/ stand against
- 2.4 He struggled against sin – a painful battle
  - (a) His faith in God
  - (b) Surrender of His will
  - (c) Prayer and temptation
- 2.5 He won ....sat down...throne

## **Submit to the Father's Training**

### **1. The Title: "Father of Our Spirits" (Heb. 12:9)**

- 1.1 God is the ultimate source of life – the creator and redeemer
- 1.2 Familial relationship – developing His child

### **2. Loving Discipline**

- 2.1 God's training
  - (a) Many methods – eye, rod, rebuke, etc.
  - (b) Proof of His love
- 2.2 Painful but productive
  - (a) For our good so that we can share His Holiness
  - (b) So that we will bear good fruit – righteousness and peace

## **Conclusion**

### **1. Let us...**

- 1.1 Throw off every weight and sin
- 1.2 Run with endurance
- 1.3 Fix our eyes on Jesus

### **2. Your Response**