



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.
Hebrews 12:1-2

To run effectively, you must be properly motivated to endure for the sake of the goal.

- 1) The Race
- 2) Challenges to Running
- 3) The Power to Endure

- 1) The Race

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,**

Isaiah 40:31 - But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

1 Corinthians 9:24 - Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

1 Corinthians 9:26 - So I do not run aimlessly; I do not box as one beating the air.

2 Timothy 4:7 - I have fought the good fight, I have finished the race, I have kept the faith.

Running Tips

- 1) Runners Know the Course

Runners Know the Course

Heb 12:1 - Therefore, since we are surrounded by so great a cloud of witnesses,

Running Tips

- 1) Runners Know the Course
- 2) Runners Trust Their Training

Runners Trust Their Training

Romans 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Running Tips

- 1) Runners Know the Course
- 2) Runners Trust Their Training
- 3) Runners Have a Clear Picture of the Finish Line

Runners Have a Clear Picture of the Finish Line

Romans 8:18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

- 1) The Race
- 2) Challenges to Running

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,

Hebrews 12:1

“Christ never failed to distinguish between doubt and unbelief. Doubt is can't believe. Unbelief is won't believe. Doubt is honesty. Unbelief is obstinacy. Doubt is looking for light. Unbelief is content with darkness.”

Henry Drummond

- 1) The Race
- 2) Challenges to Running
- 3) The Power to Endure

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.

Hebrews 12:2

“The first and most basic thing we can and must do is to keep God before our minds. This is the fundamental secret of caring for our souls. Our part in practicing the presence of God is to direct and redirect our minds constantly to him. Soon our minds will return to God as the needle of a compass constantly returns to the north. If God is the great longing of our souls, he will become the pole star of our inward beings.”

Dallas Willard



Hold Fast

THE BOOK OF HEBREWS