



## Run the Race and Don't Lose Heart Hebrews 12:1-11

### Hebrews 12:1-11 (ESV)

Therefore since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us, and run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame, and has sat down at the right hand of God's throne. For consider Him who endured such hostility from sinners against Himself, so that you won't grow weary and lose heart. In struggling against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as sons: My son, do not take the Lord's discipline lightly, or faint when you are reproved by Him; for the Lord disciplines the one He loves, and punishes every son whom He receives. Endure it as discipline: God is dealing with you as sons. For what son is there whom a father does not discipline? But if you are without discipline--which all receive--then you are illegitimate children and not sons. Furthermore, we had natural fathers discipline us, and we respected them. Shouldn't we submit even more to the Father of spirits and live? For they disciplined us for a short time based on what seemed good to them, but He does it for our benefit, so that we can share His holiness. No discipline seems enjoyable at the time, but painful. Later on, however, it yields the fruit of peace and righteousness to those who have been trained by it.

### I. Welcome in the Witnesses

Verse 1 – "...we have such a large cloud of witnesses surrounding us..."

### Romans 15:4 (NIV)

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

## II. Lay Aside the Luggage

Verse 1 – “Let us lay aside every weight and the sin that so easily ensnares us, and run with endurance the race that lies before us.”

- Some things Slow you down
- You are “in it to win it.”



Kelvin Kiptum



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## III. Look to the Leader

Verse 2-3 – “...keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame, and has sat down at the right hand of God’s throne. For consider Him who endured such hostility from sinners against Himself, so that you won’t grow weary and lose heart.”

## IV. Take on the Training

Verse 5-11 – “Do not regard lightly the discipline of the Lord, nor be weary when reproved by him. For the Lord disciplines the one he loves...For what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Job 5:17-18 (HCSB)

“See how happy the man is God corrects; so do not reject the discipline of the Almighty. For He crushes but also binds up; He strikes, but His hands also heal.”