



RUN THE RACE

HEBREWS 12:1-3

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,**² **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.³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

HEBREWS 12:1-3 NIV

"THE RACE" HEBREWS 12:1

- In Greek, the noun, "race," may refer to any kind of athletic contest, but the context points to a **footrace** - not a short sprint...but **a lengthy race where perseverance and endurance are essential...**
- The race is **"marked out for us" by God**, implying that **every believer's duty is to run the race**

A BOSTON MARATHON



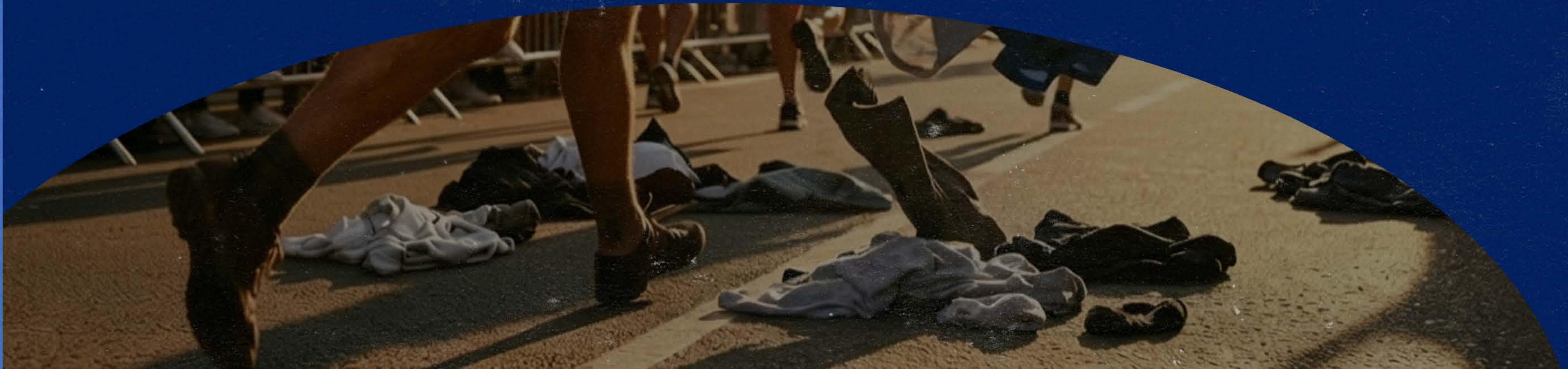
<https://www.nbcnews.com/news/us-news/runners-who-didnt-finish-2013-boston-marathon-scoop-added-slots-flna8c11109147>



RUN
WITHOUT HINDRANCES

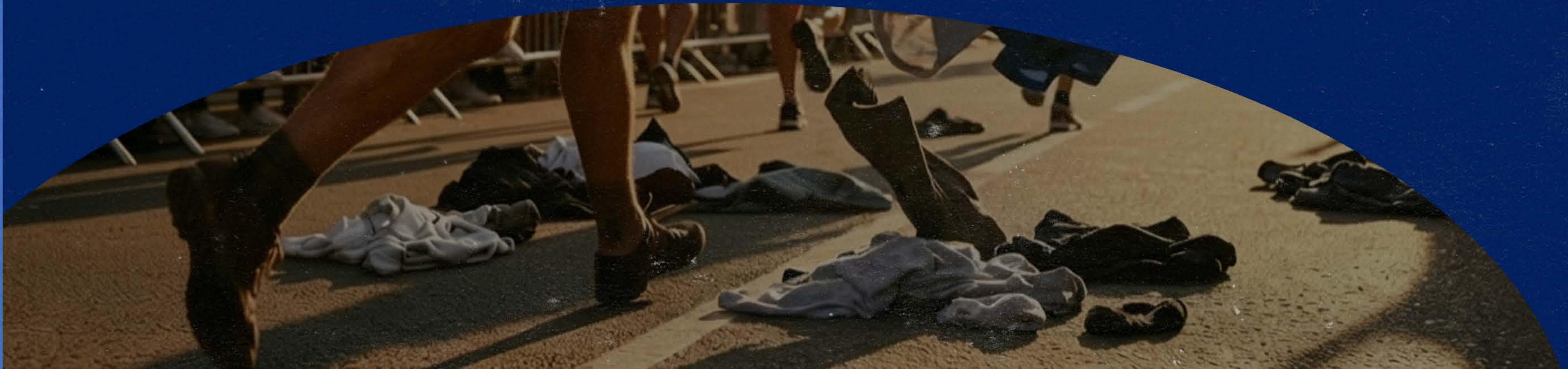
"THROW OFF EVERYTHING THAT HINDERS"

In Greek, it refers to anything that impedes or hinders the runner's progress. It can be translated as "weight," "hindrance," or "encumbrance"



"THROW OFF EVERYTHING THAT HINDERS"

- If the runner refuses to put it aside any such hindrance, **though innocent in itself**, has the potential to encumber, weigh down, or distract



"THROW OFF EVERYTHING THAT HINDERS"

- If the runner refuses to put it aside any such hindrance, **though innocent in itself**, has the potential to encumber, weigh down, or distract
- Dispense with absolutely anything that will distract you from successfully running the race of faith





**"THROW OFF...
THE SIN THAT SO
EASILY ENTANGLES"**



RUN

WITH PERSEVERANCE

The perseverance at the 2018 Boston Marathon, in 26 photos

Rain, wind, cold temps—Marathon Monday in 2018 had it all.



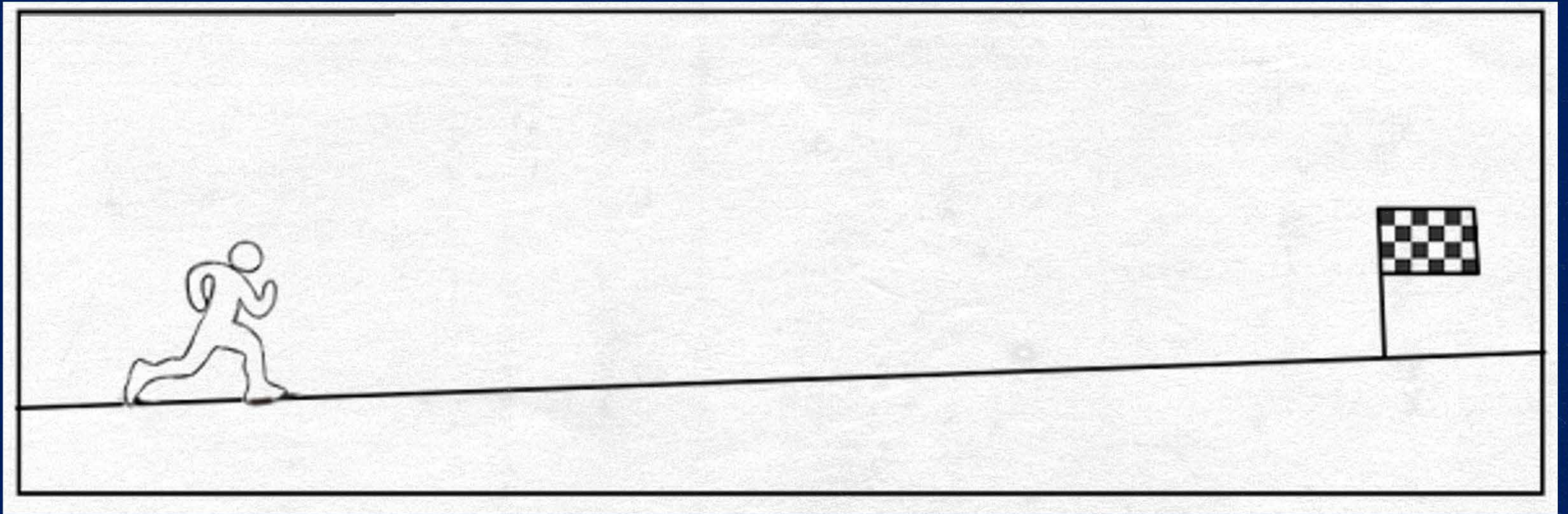
<https://www.boston.com/sports/boston-marathon/2018/04/16/photos-boston-marathon-2018/>

"**PERSEVERANCE**" HEBREWS 12:1

The Greek word translated "**perseverance**" connotes an active endurance involving effort and struggle, not a passive patience

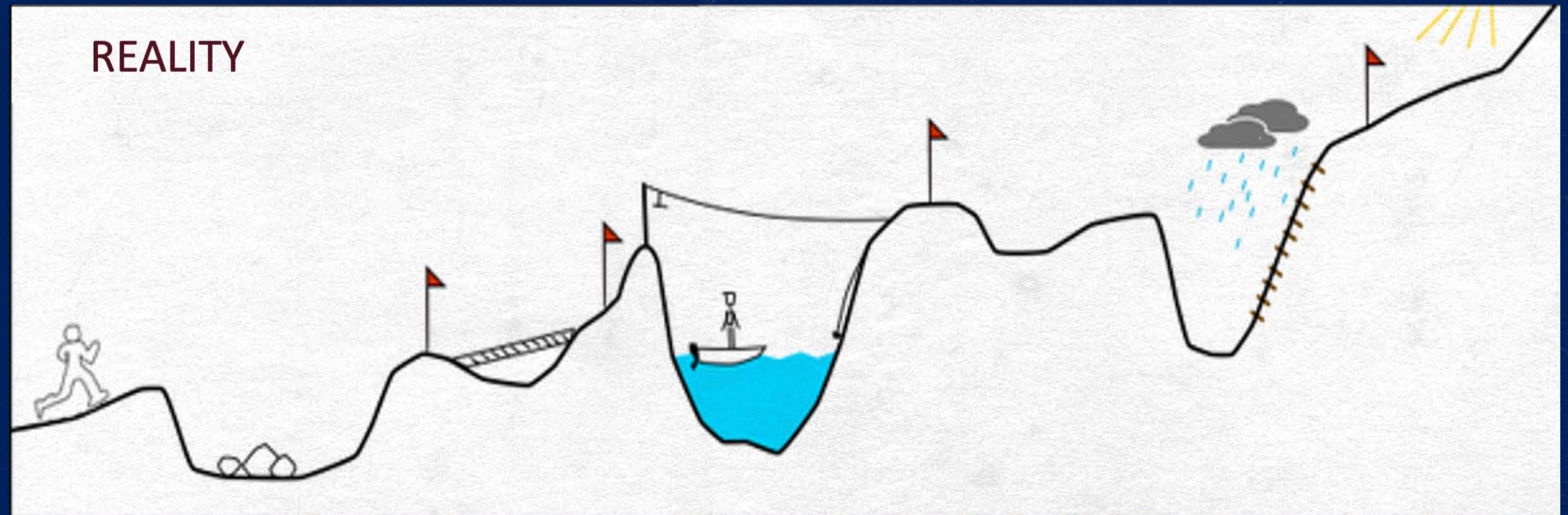
A photograph showing the lower half of a person running on a wet, reflective path. The person is wearing black leggings and white sneakers with green and red accents. The path is wet and reflects the surrounding environment, which includes a wooden fence on the left and trees in the background. The image is framed by a dark blue semi-circular border at the top.

David L. Allen. Hebrews : An Exegetical and Theological Exposition of Holy Scripture. Vol. 35. The New American Commentary (Holman Reference, 2010), section Exhortations to Draw Near, Hold Fast, and Love One Another (10:19-13:21), EBSCOhost.

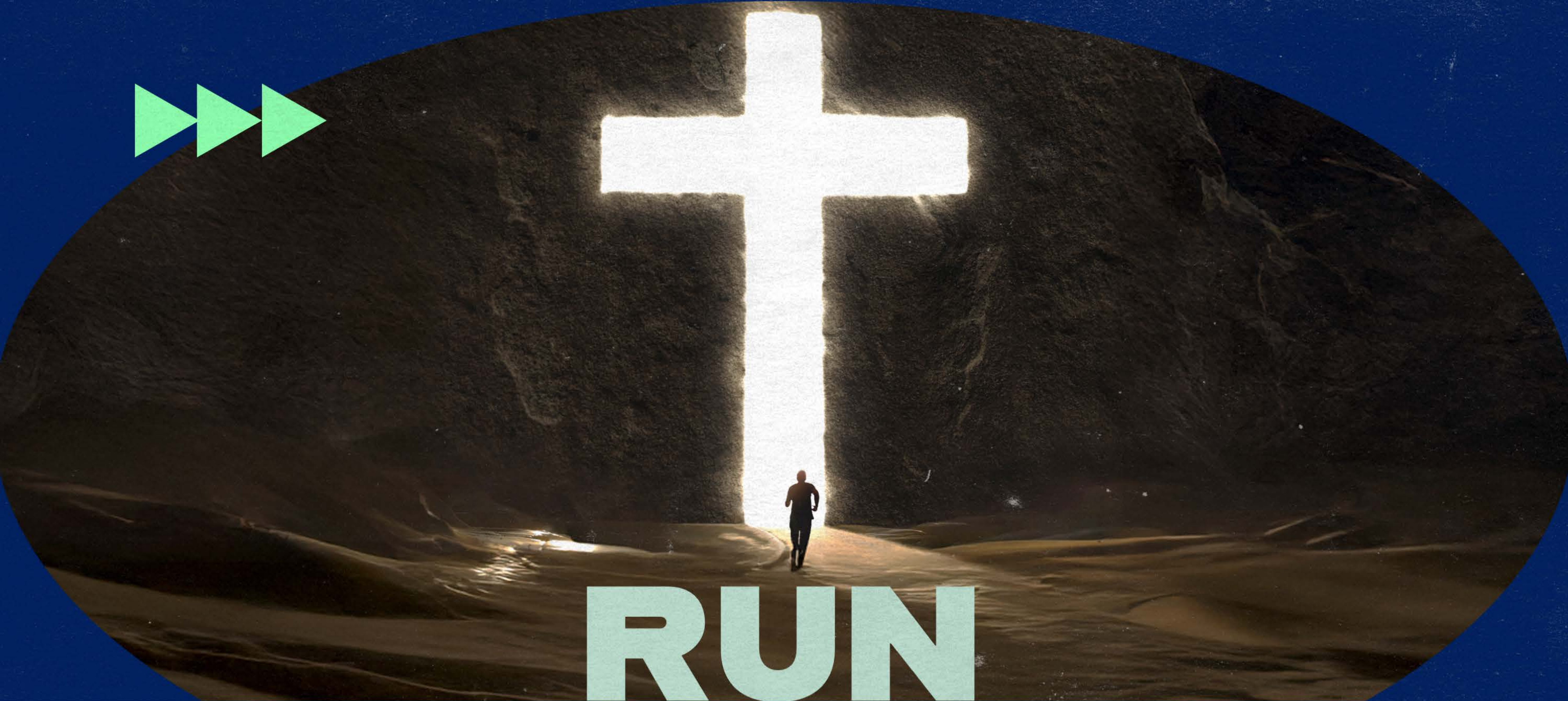


<https://laughingsquid.com/plans-a-comic-about-unexpected-life-obstacles-by-doghouse-diaries/>

THE RACE REQUIRES PERSEVERANCE



<https://laughingsquid.com/plans-a-comic-about-unexpected-life-obstacles-by-doghouse-diaries/>



RUN

WITH FOCUS ON JESUS

JESUS: THE PIONEER AND PERFECTOR OF FAITH HEBREWS 12:2

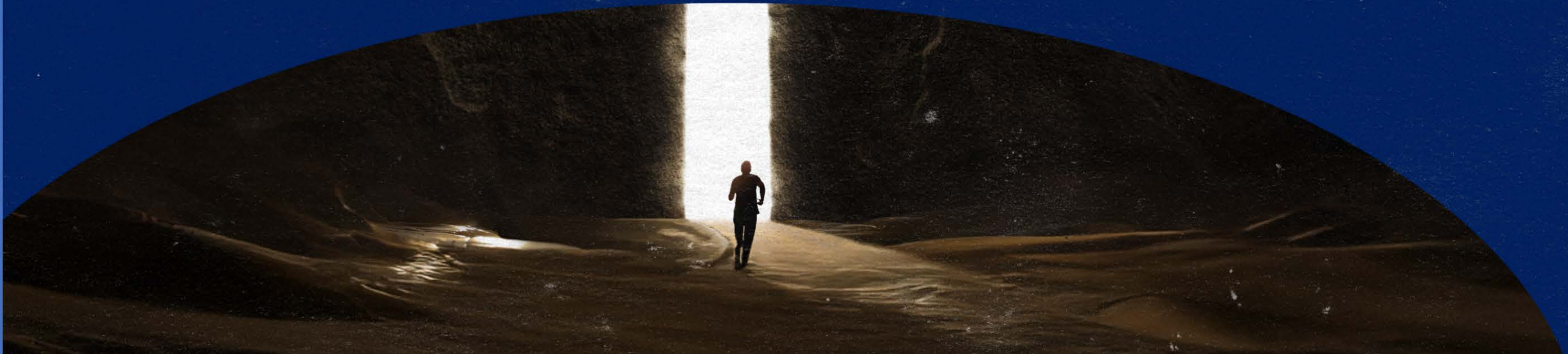
- The **source** of faith
- The **model** of faith



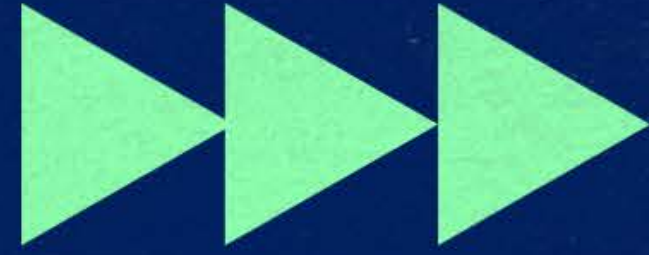
*Perseverance is not the result of
our effort and determination.
It is the result of focusing on Jesus.
He is the **SOURCE** of our perseverance!*



*Jesus endured insults, ridicule, torture, opposition,
rejection, pain, and even death.
He is a **MODEL** who enables us
to persevere to the end.*





A large circular inset in the center of the image shows a group of runners in silhouette, competing in a race on a road. The scene is set at sunset or sunrise, with a warm orange glow on the horizon. The runners are in various stages of their stride, and some are wearing bibs. The background of the entire image is a solid dark blue.

RUN THE RACE

WITHOUT HINDRANCES
WITH PERSEVERANCE
WITH A FOCUS ON JESUS