

**Hebrews 12:1-5 How You Can Win Life's Race March 7 2010**

**Intro:** NFL Combine, times for the 40.

**1. You Are Encircled By Witnesses.**

**Hebrews 12:1 (HCSB)** <sup>1</sup> Therefore since we also have such a large cloud of witnesses surrounding us . . .

**1 Corinthians 10:11 (HCSB)** <sup>11</sup> Now these things happened to them as examples, and they were written as a warning to us, on whom the ends of the ages have come.

**Revelation 5:8-14 (HCSB)** <sup>8</sup> When He took the scroll, the four living creatures and the 24 elders fell down before the Lamb. Each one had a harp and gold bowls filled with incense, which are the prayers of the saints.

<sup>9</sup> And they sang a new song: You are worthy to take the scroll and to open its seals; because You were slaughtered, and You redeemed [people] for God by Your blood from every tribe and language and people and nation.

<sup>10</sup> You made them a kingdom and priests to our God, and they will reign on the earth.

<sup>11</sup> Then I looked, and heard the voice of many angels around the throne, and also of the living creatures, and of the elders. Their number was countless thousands, plus thousands of thousands.

<sup>12</sup> They said with a loud voice: The Lamb who was slaughtered is worthy to receive power and riches and wisdom and strength and honor and glory and blessing!

<sup>13</sup> I heard every creature in heaven, on earth, under the earth, on the sea, and everything in them say: Blessing and honor and glory and dominion to the One seated on the throne, and to the Lamb, forever and ever!

<sup>14</sup> The four living creatures said, "Amen," and the elders fell down and worshiped.

## 2. You Can Have Energy By Avoiding Two Great Wastes

- The Waste Of Being Encumbered
- The Waste Of Being Entangled.

**Hebrews 12:1 (HCSB)** <sup>1</sup> . . . let us lay aside every weight and the sin that so easily ensnares us, . . .

**Hebrews 12:4 (HCSB)** <sup>4</sup> In struggling against sin, you have not yet resisted to the point of shedding your blood.

**Romans 13:12 (HCSB)** <sup>12</sup> The night is nearly over, and the daylight is near, so let us discard the deeds of darkness and put on the armor of light.

**Ephesians 4:22-24 (HCSB)** <sup>22</sup> you took off your former way of life, the old man that is corrupted by deceitful desires;  
<sup>23</sup> you are being renewed in the spirit of your minds;  
<sup>24</sup> you put on the new man, the one created according to God's [likeness] in righteousness and purity of the truth.

## 3. You Can Have Endurance All Along The Way.

**Hebrews 12:1 (HCSB)** <sup>1</sup> . . . and run with endurance the race that lies before us,

**Hebrews 6:18 (HCSB)** <sup>18</sup> so that through two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to seize the **hope set before us**.

Hupomeno = greek, "to abide under"

Rom 9:11, God's Counsel endures; 1 Pet 1:23-25 God's Word Endures

2 Cor 3:11, God's New Covenant Endures; 1 Cor 13:13, Faith, Hope, Love endure.

#### 4. You Have The Best Example To Watch.

**4a. Be Inspired Hebrews 12:2 (HCSB)** <sup>2</sup> 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.

**John 1:36 (HCSB)** <sup>36</sup> When he saw Jesus passing by, he said, "Look! The Lamb of God!"

**Matthew 26:52-54 (HCSB)** <sup>52</sup> Then Jesus told him, "Put your sword back in place because all who take up a sword will perish by a sword.

<sup>53</sup> Or do you think that I cannot call on My Father, and He will provide Me at once with more than 12 legions of angels?

<sup>54</sup> How, then, would the Scriptures be fulfilled that say it must happen this way?"

**Matthew 26:65-68 (HCSB)** <sup>65</sup> Then the high priest tore his robes and said, "He has blasphemed! Why do we still need witnesses? Look, now you've heard the blasphemy!

<sup>66</sup> What is your decision?" They answered, "He deserves death!"

<sup>67</sup> Then they spit in His face and beat Him; others slapped Him

<sup>68</sup> and said, "Prophecy to us, Messiah! Who hit You?"

**Matthew 27:27-31 (HCSB)** <sup>27</sup> Then the governor's soldiers took Jesus into headquarters and gathered the whole company around Him.

<sup>28</sup> They stripped Him and dressed Him in a scarlet robe.

<sup>29</sup> They twisted together a crown of thorns, put it on His head, and placed a reed in His right hand. And they knelt down before Him and mocked Him: "Hail, King of the Jews!"

<sup>30</sup> Then they spit at Him, took the reed, and kept hitting Him on the head.

<sup>31</sup> When they had mocked Him, they stripped Him of the robe, put His clothes on Him, and led Him away to crucify Him.

**4b. Be Instructed. Hebrews 12:3 (HCSB)** <sup>3</sup> For consider Him who endured such hostility from sinners against Himself, so that you won't grow weary and lose heart.

**Matthew 11:28-30 (HCSB)** <sup>28</sup> "Come to Me, all of you who are weary and burdened, and I will give you rest.

<sup>29</sup> All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves.

<sup>30</sup> For My yoke is easy and My burden is light."