



Run with Endurance

Hebrews 12:1

We are running in a race

1. Endurance NOT a sprint

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, (Hebrews 12:1)

ὕπομονή, ἥς, ἡ (ὕπομένω)- the capacity to hold out or bear up in the face of difficulty, *patience, endurance, fortitude, steadfastness, perseverance*

William Arndt et al., [*A Greek-English Lexicon of the New Testament and Other Early Christian Literature*](#) (Chicago: University of Chicago Press, 2000), 1039.

We are running in a race

2. Looking to Jesus

...fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. (Hebrews 12:2)

Jesus- the starting line **AND** the finish line

We are running in a race

3. Living by faith

And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him. (Hebrews 11:6)

Faith is **ACTIVE** not **PASSIVE**

Who is our audience?

1. Those who have gone before us

“so great a cloud of witnesses” (Hebrews 12:1a)



Who is our audience?

2. Many have suffered

But remember the former days, when, after being enlightened, you endured a great conflict of sufferings, partly by being made a public spectacle through reproaches and tribulations, and partly by becoming sharers with those who were so treated. For you showed sympathy to the prisoners and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and a lasting one. Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, you may receive what was promised. (Heb 10:32-36)

Who is our audience?

3. All have known discipline

*It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline? But if you are without discipline, **of which all have become partakers**, then you are illegitimate children and not sons. (Hebrews 12:7-8)*

- The Lord disciplines those He loves (Heb 12:6; Ps 119:5; Rev 3:19)
- *It yields the peaceful fruit of righteousness (Hebrews 12:11b)*

There will be ailments

Therefore, strengthen the hands that are weak and the knees that are feeble, and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed. (Hebrews 12:12-13)

1. It is not if, it is when
2. Things can go from bad to worse
3. Deal with what holds you back

What are our hindrances?

Pursue peace with all men, and the sanctification without which no one will see the Lord. See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; (Hebrews 12:14-15)

- **Unresolved conflict-** *If possible, so far as it depends on you, be at peace with all men. (Romans 12:18)*
- **Unconfessed sin-** *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)*
- **A root of bitterness** (Luke 15:25-32)

Run with endurance

- Pursue peace
- Return to your first love
- Bask in God's grace



Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

[New American Standard Bible: 1995 Update \(La Habra, CA: The Lockman Foundation, 1995\), Heb 12:1–2.](#)