



# Hebrews 12v1-17

## A CALL TO KEEP GOING



**6v12:** We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

**12v3:** Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.



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- *How do we endure?*

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- *How do we endure?*
- *What is God doing in us as we endure?*

# 1) How do we endure?

**12v1-2:** 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, fixing our eyes on Jesus...



# 1) How do we endure?

- Throw off (v1)

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**12v1:** ... Let us throw aside every weight and sin that clings so closely...





# 1) How do we endure?

- Throw off (v1)
- Fix on (v2)

**12v1-2:** And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus...

# 1) How do we endure?

- Throw off (v1)
- Fix on (v2)

**12v1-2:** And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith.

# 1) How do we endure?

- Throw off (v1)
- Fix on (v2)

**12v1-2:** And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross...

## 2) What is God doing in us as we endure?

**V11:** No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

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Trained = *Gymnasi*

## 2) What is God doing in us as we endure?

V5-6: And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,  
“My son, do not make light of the Lord’s discipline,  
and do not lose heart when he rebukes you,  
<sup>6</sup> because the Lord disciplines the one he loves,  
and he chastens everyone he accepts as his son.”

**2) What is God doing in us as we endure?**

**V7: Endure hardship as discipline...**

**2) What is God doing in us as we endure?**

**V7:** Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?



## 2) What is God doing in us as we endure?

**V10:** They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness.

## 2) What is God doing in us as we endure?

**V11:** No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

## 2) What is God doing in us as we endure?

**V12:** Therefore, strengthen your feeble arms and weak knees.



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**V12:** Therefore, strengthen your feeble arms and weak knees.

**V13:** “Make level paths for your feet”



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**V12:** Therefore, strengthen your feeble arms and weak knees.

**V13:** “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.



*With every breath I long to follow Jesus  
For He has said that He will bring me home  
And day by day I know He will renew me  
Until I stand with joy before the throne*

*To this I hold, my hope is only Jesus  
All the glory evermore to Him  
When the race is complete, still my lips shall  
repeat  
**"Yet not I, but through Christ in me"***

