

How to Endure: Pump!

Hebrews 12:1-17

Hebrews 12:1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Hebrews 12:3-6

Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. 6 For the Lord disciplines the one he loves, and chastises every son whom he receives.”

Hebrews 12:7-9

It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 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?

Hebrews 12:10-11

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. 11 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.

Hebrews 12:12-14

Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. 14 Strive for peace with everyone, and for the holiness without which no one will see the Lord.

Hebrews 12:15-17

See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; 16 that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. 17 For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

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Hebrews 12:1-17

Main Point: RUN

Run the RACE

**Run the race with
ENDURANCE**

Question: Does it help me run better?

1. An Example to Follow – Verses 1-3

- look to Jesus

- consider Him

**Jesus endured the trouble of sinful men
against Him**

2. **The Encouragement to Remember –**
verses 4-11

Two extremes:

1) Make light of our trouble

2) To lose heart

Instead remember God has a purpose in what is
happening to you

God must love me very much

3. The Commands to Obey – verses 12-17

- 1) lift up, strengthen, heal – vs 12-13
- 2) pursue peace & holiness – vs 14
- 3) obtain the grace of God – vs 15
- 4) don't be like Esau – vs 16-17

