

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. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.
Hebrews 12:1-3 (NIV)

Run Well

I know that I am surrounded by a great cloud of witnesses. There are many who have gone before me. There is a multitude of those who have run well. They have kept the faith. They have endured. They have run right up to the end of their lives and have successfully crossed the finish line. They have persevered through hardships and trials of every kind. How did they do it? How were they able to keep on running well? What kept them going? What spurred them on? **Is that a rhetorical question or are you expecting me to answer your question?** I am thinking out loud. I am wondering. Yes, I would you to answer my question. **Your answer is right before you in my word.**

What must you do if you want to run well? What must you do if you want to successfully cross the finish line of your race of faith? First, I need to throw off anything that would hinder me from running well. **What will hinder you from running well?** Sin of every kind would hinder me from running well. Being conformed to the patterns of this world would hinder me from running well. **Give me some examples.** Fear and doubt would hinder me from running well. Lust and addictions would hinder me from running well. Being self-centered, self-indulgent, and self-sufficient would hinder me from running well. **Yes, all these would hinder you from running well. What must you do next if you want to run well?** I must run with perseverance. I must not give up. I must not quit. I must keep moving forward with you. The race of faith is not a short race. It is not a sprint. It is more like a marathon. **Yes, it is. How will you ever have enough endurance and perseverance to keep running the race of faith?** My own endurance and strength would never be enough. The only way that I will be able to keep on running is by keeping my eyes on you. I will keep on following you to where you lead me. I will keep on doing what you ask of me. I will remember that you had joy in running your race of faith. It was your pleasure to do what your Heavenly Father asked of you. I will remember that you endured opposition from sinful men. You did not grow weary. You did not lose heart. You did not give up. You did not quit. Neither will I. **That will be very good.**

Lord, thank you for being the author and perfecter of my faith. I will keep my eyes on you so I will live the life of faith. Give me endurance and help me to throw off any hindrance to running the race you have laid out for me. Amen

Faith*Eyes On Jesus*

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. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

NIV

Hebrews 12:1-3

Faith*Eyes On Jesus*

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up.

NLT

Hebrews 12:1-3

Faith*Looking To Jesus*

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

NRSV

Hebrews 12:1-3

Faith*Looking Away To Jesus*

THEREFORE THEN, since we are surrounded by so great a cloud of witnesses [who have borne testimony to the Truth], let us strip off and throw aside every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us, Looking away [from all that will distract] to Jesus, Who is the Leader and the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]. He, for the joy [of obtaining the prize] that was set before Him, endured the cross, despising and ignoring the shame, and is now seated at the right hand of the throne of God. Just think of Him Who endured from sinners such grievous opposition and bitter hostility against Himself [reckon up and consider it all in comparison with your trials], so that you may not grow weary or exhausted, losing heart and relaxing and fainting in your minds.

AMP

Hebrews 12:1-3

Faith*Eyes On Jesus*

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. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

NASB

Hebrews 12:1-3

Faith*Looking To Jesus*

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, 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. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

ESV

Hebrews 12:1-3

Faith*Looking Unto Jesus*

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

NKJV

Hebrews 12:1-3

Faith*Eyes On Jesus*

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

MSG

Hebrews 12:1-3

Faith*Eyes On Jesus*

Since we have such a huge crowd of men of faith watching us from the grandstands, let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up; and let us run with patience the particular race that God has set before us. Keep your eyes on Jesus, our leader and instructor. He was willing to die a shameful death on the cross because of the joy he knew would be his afterwards; and now he sits in the place of honor by the throne of God. If you want to keep from becoming fainthearted and weary, think about his patience as sinful men did such terrible things to him.

TLB

Hebrews 12:1-3

Faith*Look Only To Jesus*

We have around us many people whose lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back. Let us look only to Jesus, the One who began our faith and who makes it perfect. He suffered death on the cross. But he accepted the shame as if it were nothing because of the joy that God put before him. And now he is sitting at the right side of God's throne. Think about Jesus' example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.

NCV

Hebrews 12:1-3

Eyes On Jesus

Year _____ Week _____ Day _____ Date _____

Faith – Hebrews 12:1-3

In Context: *Read Hebrews 12*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

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. | Let us fix | our eyes | on Jesus, | the author | and | perfecter | of our faith, | who | for the joy | set before him | endured | the cross, | scorning | its shame, | and | sat down | at the right hand | of the throne | of God. | Consider him | who endured | such opposition | from | sinful men, | so that | you will | not grow weary | and | lose heart. Hebrews 12:1-3

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, thank you for being the author and perfecter of my faith. I will keep my eyes on you so I will live the life of faith. Give me endurance and help me to throw off any hindrance to running the race you have laid out for me. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

Who has lived a life of faith in Christ that has encouraged you to endure and persevere in following Him?

What easily entangles your life and hinders you from living a life of faith in Jesus Christ?

What have you thrown off of your life so that you can more freely run the race of faith marked out for you?

When has fixing your eyes on Jesus Christ helped you to keep running well in the race of faith?

How did Jesus Christ draw you to Himself to become the author of your faith?

How is Jesus Christ continuing to write and perfect the story of your faith in Him?

How is Jesus Christ helping you to endure in your faith so that you will not grow weary and lose heart?

Living It Out: ***(What action step is God guiding your heart to take?)***

Keep your eyes on Jesus Christ so that you will be able to run the race of faith marked out for you.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that Jesus Christ is the author and perfecter of your life of faith in Him.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how Jesus Christ is helping you to endure and run the race of faith.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you throw off any hindrances and keep your eyes on Jesus as you run the race of faith marked out for you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will throw off any hindrances and keep my eyes on you as I run the race of faith marked out for me.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what hindrances do I need to throw off as I run the race of faith you have marked out for me?
