

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)

A Race

I know that I am in a race. I know that a course has been marked out for me. There is even a cheering section surrounding me, filled faithful men and women who have gone before me. They are spurring me on. They are encouraging me to run well. They are cheering for me. Their lives have served as a testimony. They have given me an example to follow. I want to run well. I want to persevere. I want to finish the race. I definitely don't want to grow weary and lose heart. I will not quit. I will not give up. I will keep on moving forward with you. **That is very good.**

What will you do so that you will be able to run well and finish your race? First, I will throw off everything that will hinder me from running well. **Like what?** I won't carry around anything extra that will weigh me down. **Like what?** I won't pursue the comforts and pleasures of the world. I won't seek after what the world has to offer. **What else?** Well, I won't let sin entangle me. **How will you do that?** Not, with my own strength and ability alone, that is for sure. I will keep my heart and mind and life focused on you. I won't look back. I won't look around. I won't waste time and effort on what will amount to nothing. I will run away from sin as I run to you. My eyes will be firmly fixed on you. I will love and follow and serve you. I will run to where you lead me. I will run to do what you ask of me. In every way and on every day, I will rely on your power and strength. You will teach me. You will train me. You are the author and perfecter of my faith. **Yes, I am.** You will help me to give my all. You will make me able to run well and finish strong. **Yes, I will.**

Lord, I will throw away everything that will hinder my running the race of faith marked out before me. I will run with perseverance as I keep my eyes firmly fixed on you. I know you will help me to run well. You will keep me from growing weary or losing heart. Amen

Becoming Like Christ *Everything That Hinders*

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

Becoming Like Christ *Every Weight*

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

Becoming Like Christ *Every Weight*

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

Becoming Like Christ *Every Encumbrance*

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

Becoming Like Christ *Every Encumbrance*

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

Becoming Like Christ *Every Weight*

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

Becoming Like Christ *Every Weight*

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

Becoming Like Christ *No Extra Spiritual Fat*

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

Becoming Like Christ *Everything That Hinders*

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

Becoming Like Christ *Anything That Would Get In The Way*

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

Everything That Hinders

Year _____ Week _____ Day _____ Date _____

Becoming Like Christ – 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?)***

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)

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 (NIV)

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

Lord, I will throw away everything that will hinder my running the race of faith marked out before me. I will run with perseverance as I keep my eyes firmly fixed on you. I know you will help me to run well. You will keep me from growing weary or losing heart. Amen

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

How have men and woman of faith, that have gone before you, inspired you in your faith?

What have you thrown away so that you will not be hindered in running the race marked out before you?

What sins are likely to try to entangle you and hinder you in running the race marked out before you?

What has helped or hindered your ability to persevere in your race of faith?

How are you keeping your eyes fixed on Jesus as you run the race marked out before you?

What joy do you have in running the race that has been marked out before you?

What has kept you from growing weary and losing heart in your race of faith?

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

Throw away everything that hinders your ability to run the race marked out before you.

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

Have faith that the Lord will help you to run the race marked out before you as you keep your eyes fixed on Him.

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

Share with another person or your small group how you are keeping your eyes fixed on Jesus as you run your race.

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 everything that hinders your ability to run the race that has been marked out before you.

Prayer To Carry

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

Lord, I will throw off everything that hinders my ability to run the race that has been 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, how can I run well the race that has been marked out before me?
