



Hebrews 12:1-3 NIV

1 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, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.



I. Throw Off Everything

Hebrews 12:1a NIV



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.



I. Throw Off Everything



Ephesians 4:22-24 NIV

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

Previous Scripture: Hebrews 12:1a;

Hebrews 12:1-3



I. Throw Off Everything



1 Corinthians 9:24-27 NIV

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Previous Scripture: Ephesians 4:22-4;

Hebrews 12:1a; Hebrews 12:1-3



I. Throw Off Everything Mark 11:25 NIV



And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”



I. Throw Off Everything Luke 16:13 NIV



“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”



I. Throw Off Everything James 4:4 NIV



You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.



II. Run With Perseverance

Hebrews 12:1b NIV



And let us run with perseverance the race
marked out for us,

Previous Scripture: James 4:4;
Luke 16:13; Mark 11:25



II. Run With Perseverance



Philippians 3:13-14 NIV

13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Previous Scripture: Hebrews 12:1b;

James 4:4; Luke 16:13



II. Run With Perseverance

James 1:2-4 NIV



2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Previous Scripture: Philippians 3:13-14;

Hebrews 12:1b; James 4:4



III. Focus on Jesus

Hebrews 12:2-3 NIV

2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Previous Scripture: James 1:2-4;
Philippians 3:13-14; Hebrews 12:1b



III. Focus on Jesus

John 21:20-22 NIV

20 Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, “Lord, who is going to betray you?”) 21 When Peter saw him, he asked, “Lord, what about him?”

22 Jesus answered, “If I want him to remain alive until I return, what is that to you? You must follow me.”

Previous Scripture: Hebrews 12:2-3;

James 1:2-4; Philippians 3:13-14



III. Focus on Jesus Colossians 3:1-4 NIV

1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

Previous Scripture: John 21:20-22;

Hebrews 12:2-3; James 1:2-4



III. Focus on Jesus

Philippians 1:6 NIV

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.



III. Focus on Jesus

John 17:4 NIV

I have brought you glory on earth by finishing the work you gave me to do.