

# Jesus is Better – Hebrews

Hebrews 12:1-13

“Run the Race with Endurance” – July 15<sup>th</sup>, 2018



## Introduction

The Christian life isn't a sprint, it's a marathon...and marathons take endurance. After considering the examples of the heroes of the faith in chapter 11, the author of Hebrews turns to show us how to run the race set before us with endurance. This endurance is essential, because only *genuine* faith that makes it to the end.

## Pray

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

## Sermon Outline

- I. Run hard and don't give up (12:1-2)
- II. Submit to God's training (12:3-13)

## Read & Discuss

### 1) Read [Hebrews 12:1-2](#)

To help us run the race with endurance, the author of Hebrews coaches us with three things to do:

- i.) *Drop the baggage* – Sin distracts and entangles us in the race. Life's full of unnecessary weight (even good things) that hinders our spiritual progress. Whatever the case - if it doesn't help us know and follow Jesus; if it doesn't build others up in love, we're called to lay aside. Take some time for honest reflection: are you aware of sin you're holding onto in your heart, or unnecessary baggage you need to lay aside?
- ii.) *Run with patience* – God is never late...but it's easy to be impatient when we have to wait. We're used to fast food, fast internet...fast everything. But some of the best things in life, take time. As you run the race set before you...can you trust God and His timing?
- iii.) *Look to Jesus* – Jesus is the supreme example we follow. In His humanity, Jesus is able to identify with us in our pain and suffering ([Heb. 4:15](#)), but He also models for us what it means to trust God and endure hardship for the joy set before us. In our weariness, we look to Jesus to know the way to go, and to renew our strength. As Hebrews 2:18 reminds us, “Because he himself has suffered when tempted, he is able to help those who are being tempted.”

Additional reading: 1 Corinthians 10:23, Matthew 11:28

2) Read [Hebrews 12:3-13](#)

In the midst of hardship, it's easy to assume God doesn't care about us - that He's inattentive to our pain. But far from not caring, God's discipline is actually an expression of His fatherly love. Because God is sovereign, He is able to use even our trials for our good. But for that good to come into effect, we must *submit* to His discipline. Are you able to trust that God is at work for good...putting us thru the furnace to burn away the chaff leaving tried and true trust in Him?

When we're facing a trial, James reminds us we are to ask God for wisdom (James 1:5). The reason we need wisdom is because we need God's help to know *how* to respond and don't miss out on what God is up to in our trial. If that's where you're at, ask God for His wisdom and ready yourself to do *whatever* He says is wise and good.

Additional reading: James 1:1-2, Romans 8:28, 1 Peter 1:6-7, Proverbs 13:24

***Prayer of Response***

1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?

2) How should my life be lived this week based on what I have heard? What should I *understand, believe, desire, or do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to come.

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