

Running Your Race

Hebrews 12:1-2



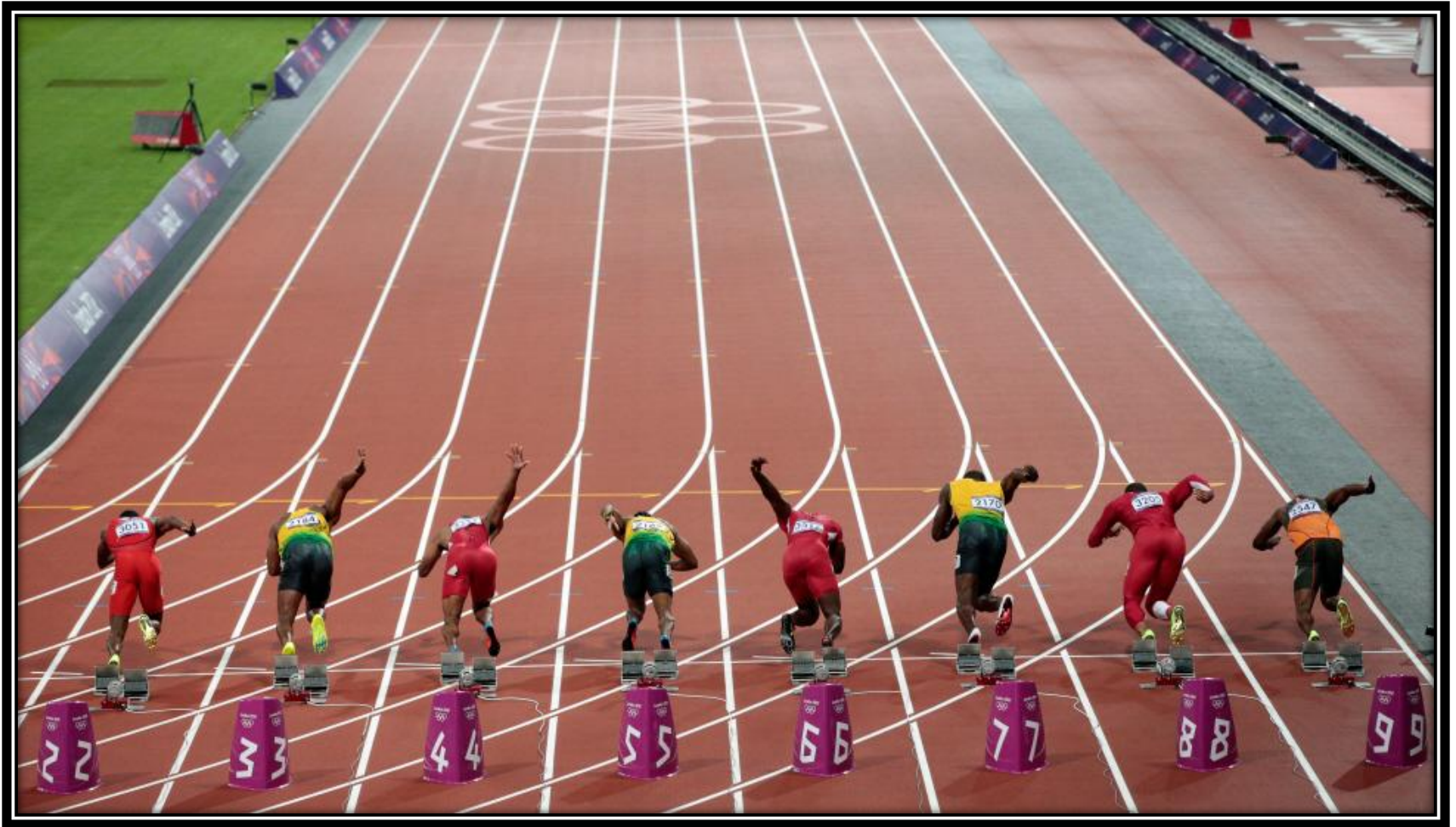
Usain Bolt, Jamaica, 2008 Olympics; 100 meters world record.



David Rudisha, Kenya, 2012 Olympics; 800 meters world record.

**“Know ye not that
they which run in a
race run all, but one
receiveth the prize.”**

I Corinthians 9:24



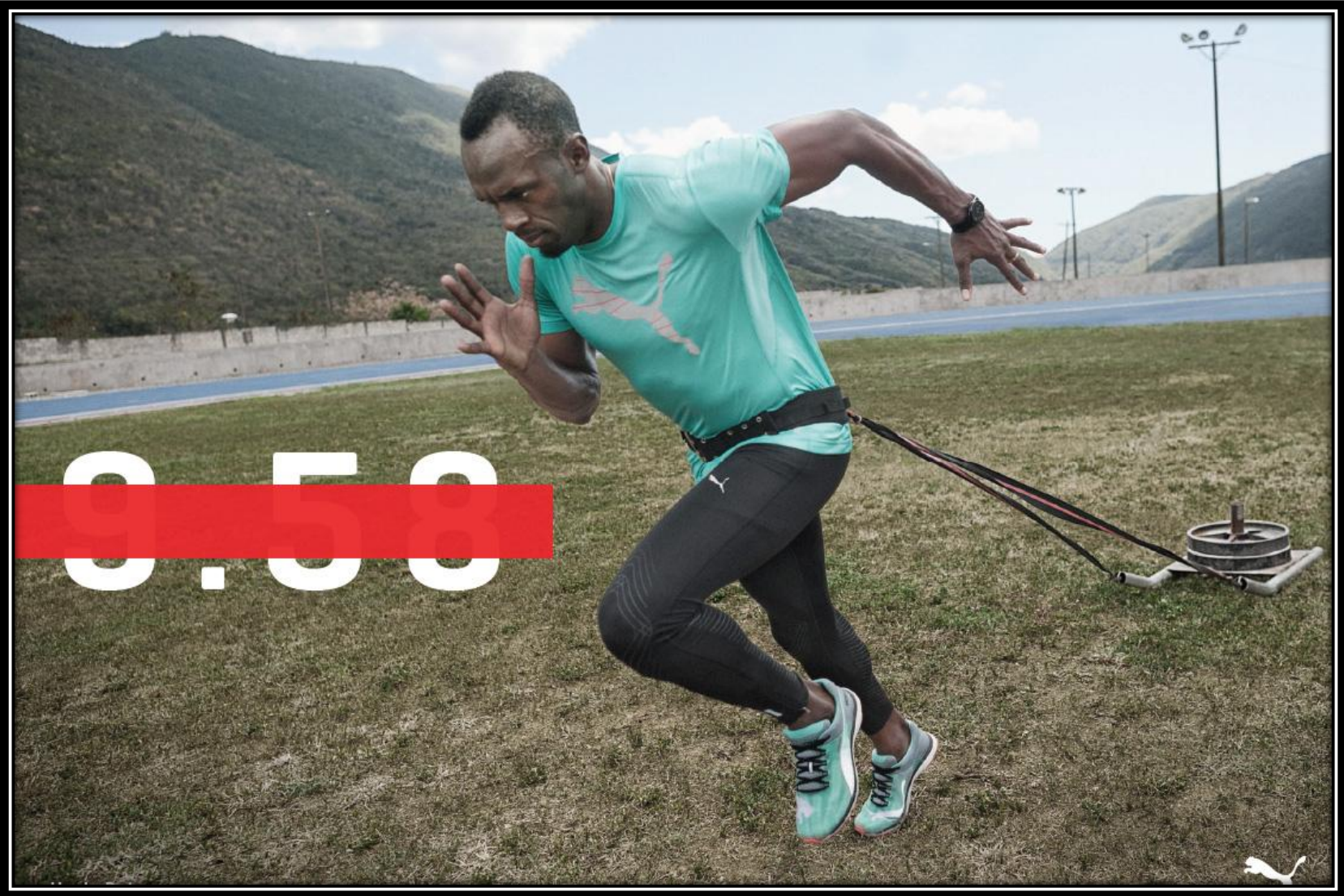


**“So run, that ye may
obtain.”**

I Corinthians 9:24

**“And every man that
striveth for the
mastery is temperate
in all things.”**

I Corinthians 9:25





**“Now they do it to
obtain a corruptible
crown; but we an
incorruptible.”**

I Corinthians 9:25



Corruptible
Crown



For illustrative purposes only – Jesus in glory far outshines this picture!

Running Your Race

Hebrews 12:1-2

Hebrews 12:1

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

Hebrews 12:2

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 is set down at the right hand of the throne of God.

~~***Running Your Race***~~
Winning

Hebrews 12:1-2

Greatest Milers of all Time

Paavo Nurmi	Finland	4:10.4	August, 1923
Glenn Cunningham	USA	4:06.8	June, 1934
Roger Bannister	England	3:59.4	May, 1954
Jim Ryun	USA	3:51.1	June, 1967
John Walker	New Zealand	3:49.4	August, 1975
Sebastian Coe	England	3:47.3	August, 1981
Noureddine Morceli	Algeria	3:44.4	Sept, 1993
Hicham El Guerrouj	Morocco	3:43.1	July, 1999





Paavo Nurmi, Finland, 1924 Olympics



Glenn Cunningham, USA, 1936 Olympics



Roger Bannister, Oxford, England, 1954



Jim Ryun, USA, 1965 AAU



John Walker, New Zealand, 1976 Olympics



Sebastian Coe, England, 1980 Olympics



Noureddine Morceli, Algeria, 1996 Olympics



Hicham El Guerrouj, Morocco, 2004 Olympics

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Exceptional Runners in Heaven

Abel	Joseph	David
Enoch	Moses	Samuel
Noah	Rahab	Prophets
Abraham	Gideon	Women
Sarah	Barak	
Isaac	Samson	
Jacob	Jephthah	<u>JESUS</u>

INTRODUCTION

- The two verses are about running a race.
- Paul used athletics (Phil 3:12-14; I Cor 9:24-27; II Tim 2:5).
- Sport comparisons are endorsed by the Spirit.
- Sports create a powerful metaphor of zeal.
- You have a race to run whether you like or not.

Wherefore

- A conclusion from Hall of Faith of chapter 11.
- The “heroes” of the O.T. should excite you.
- What have you done to be a N.T. “hero”?
- We have been given more than O.T. believers.
- Paul closed chapter 11 noting our advantage.

Seeing We Also

- Do you see the “heroes” that can provoke you?
- We N.T. followers of God should be like them.
- We cannot read about them as mere history.
- The “also” adds to living for eternal reward.
- Paul taught patience by Christ coming (10:35-39).

Are Compassed About With

- The “heroes” of the O.T. encircle our lives.
- An enclosed stadium creates a “compass.”
- Greeks and Romans had sports in stadiums.
- The “heroes” are on every side watching us.
- We should not read of them without conviction.

So Great a Cloud of Witnesses

- The “heroes” figuratively witness your life.
- The “heroes” are those just listed in Heb 11.
- Their records in the Bible are for us to match.
- In a stadium, spectators appear as a “cloud.”
- The crowd is a “cloud,” with individuals lost.



Let Us Lay Aside Every Weight

- Runners cannot have hindrances to running.
- They strip down to lightest clothing and shoes.
- They strip their bodies of any hindering fat.
- Weights are innocent, hindering things of life.
- You must reduce any hindrances to Christ.

And The Sin

- In addition to hindrances, there are sins.
- “Sin” here is a collective noun for sins.
- Sin, collectively and in general, affects us all.
- We can never win the Christian race sinning.
- We can lay sin aside, confessing our failures.

Which Doth So Easily Beset Us

- Temptations to runners vary by the runner.
- Some sins tempt you more than other sins.
- We must mortify all, but especially favorites.
- Temperament, character, constitution affect.
- Your past, habits, relations, situation affect.

And Let Us Run With Patience

- Paul taught by the Spirit about running.
- The Christian life is not a short, simple sprint.
- It is a distance race – the length of your life.
- Patience cheerfully endures negative events.
- Patience, or perseverance, continues to run.

The Race That Is Set Before Us

- God created and saved you to run for Him.
- You cannot avoid it ... but you sure can lose it.
- He has given you everything to win your race.
- The “heroes” of Heb 11 are to encourage you.
- The victory stand is on the Day of Judgment.

Looking Unto Jesus

- You first are to see the crowd of “heroes.”
- Then you must look at the best runner ever.
- **Jesus** ran the only perfect race in this life.
- You should set your gaze and affection on Him.
- You run the best by copying the best – **Jesus**.

The Author and Finisher of Our Faith

- The context is not implantation of belief.
- The context is the race of the Christian faith.
- Jesus “wrote the book” on running life’s race.
- He is the first and last, showing us how to run.
- He finished victoriously; none can match Him.

Who for the Joy that was Set Before Him

- All runners compete for honor and/or a prize.
- God promised Jesus heaven's throne to run.
- David prophesied of its promised joy (Ps 16:5-11).
- Rev 5 describes the victory stand for Jesus!
- God's reward is the key to motivation (Col 3:24).

Endured the Cross

- The race set before Jesus included crucifixion.
- Your race has nothing even close to His race.
- His endurance should convict you to endure.
- He did not take a day off or quit His race.
- He set His face for Jerusalem to die for us.

Despising the Shame

- He hung stark naked for all to see (Ps 22:17-18).
- The Jews chose the murderer Barabbas.
- No one stood with Him during His trial.
- He was accused of all sorts of evil things.
- You have never suffered such shame for Him.

And Is Set Down

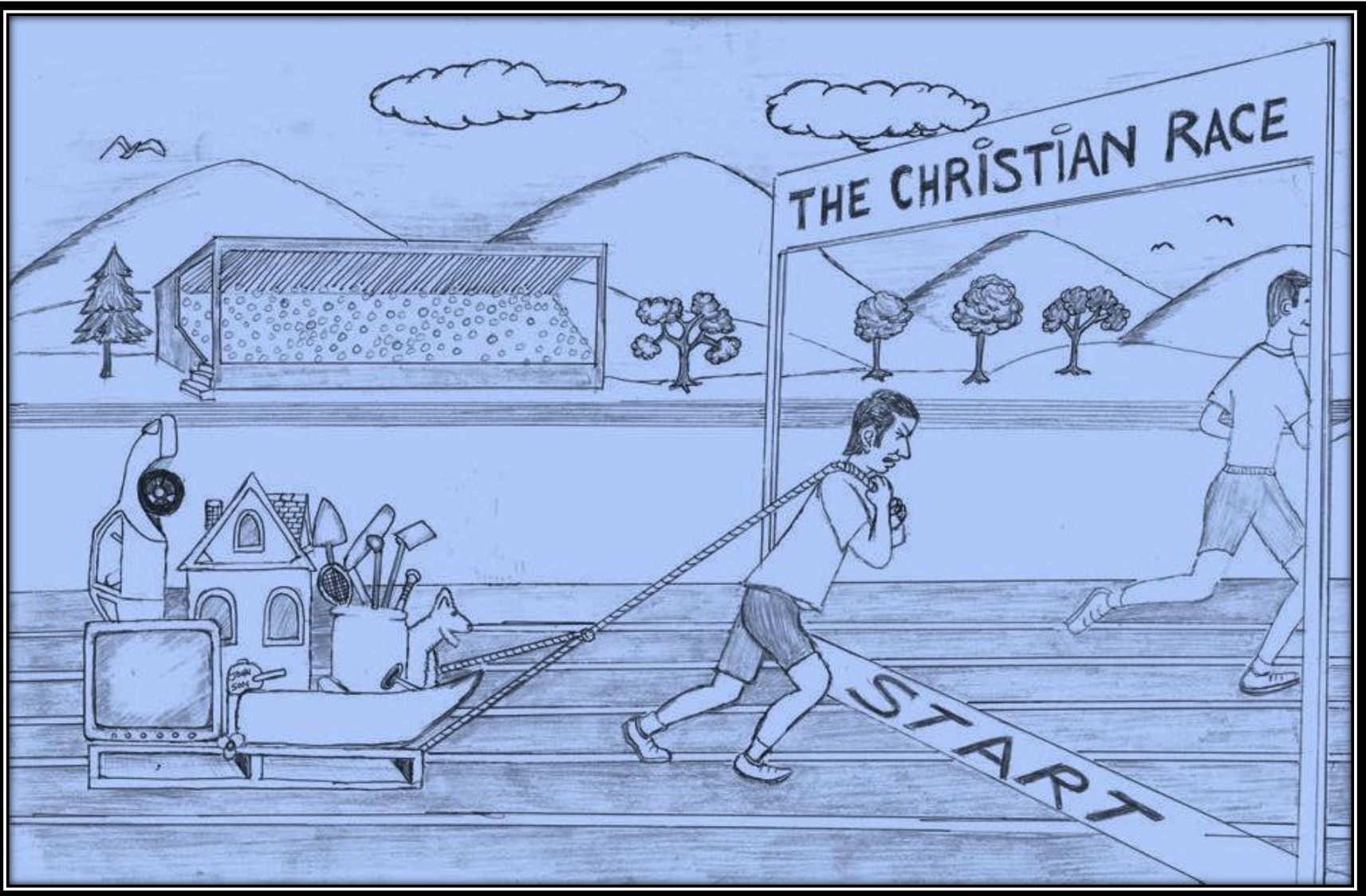
- **Finishing His race, Jesus sat down in heaven.**
- **There is a time to rest, but not in this life!**
- **There is a time to retire, but not in this life!**
- **The finish line of the race is your last breath!**
- **You can rest/sleep when you die (Is 57:1-2; Ac 7:60)!**

At the Right Hand of the Throne of God

- Jesus has His full reward – the prize of God!
- He rules the universe from God's right hand!
- All angels and principalities report to Him!
- Overcomers – winners – sit with Him (Rev 3:21)!
- The reward for winners is incredible (Col 3:24)!

CONCLUSION

- The two verses are for running the race of life.
- O.T. “heroes” are the crowd watching your life.
- Jesus ran the perfect race of the Christian life.
- You must eliminate slowing weights and sins.
- You must run to win, for only first place counts.



THE CHRISTIAN RACE

START

Lay Aside Every Weight

- Weights are innocent, hindering things of life.
- Paul clearly marked weights that are not sin.
- He identified marriage as a weight (1 Cor 7:25-35).
- John, Jesus, Anna, Paul laid aside this weight.
- Some “innocent” things you do are weights.

**“But I would have you
without carefulness.”**

I Corinthians 7:32

Lay Aside Every Weight

- Your choices simplify or complicate your life.
- Your choices consume time or redeem time.
- Your choices hinder or enhance your running.
- Your choices, without sin, reveal your heart.
- Your choices are those of a champion or loser.

**“It remaineth, that
both they that have
wives be as though
they had none.”**

I Corinthians 7:29

**“And they that buy, as
though they possessed
not.”**

I Corinthians 7:30



Marriage Weight – it has its benefits and hindrances – Paul chose being single.



Children Weight – this insanity is contrary to care-free living of I Corinthians 7:25-35.



Job Weight – this workaholic has turned the good thing of a job into a nightmare.



Garden Weight – this excess is contrary to care-free living of I Corinthians 7:25-35.

Lay Aside Every Weight

Marriage		
Children		
Job		
Family		
House		
Wealth		
Time wasters		
Entertainment		

Lay Aside Every Weight

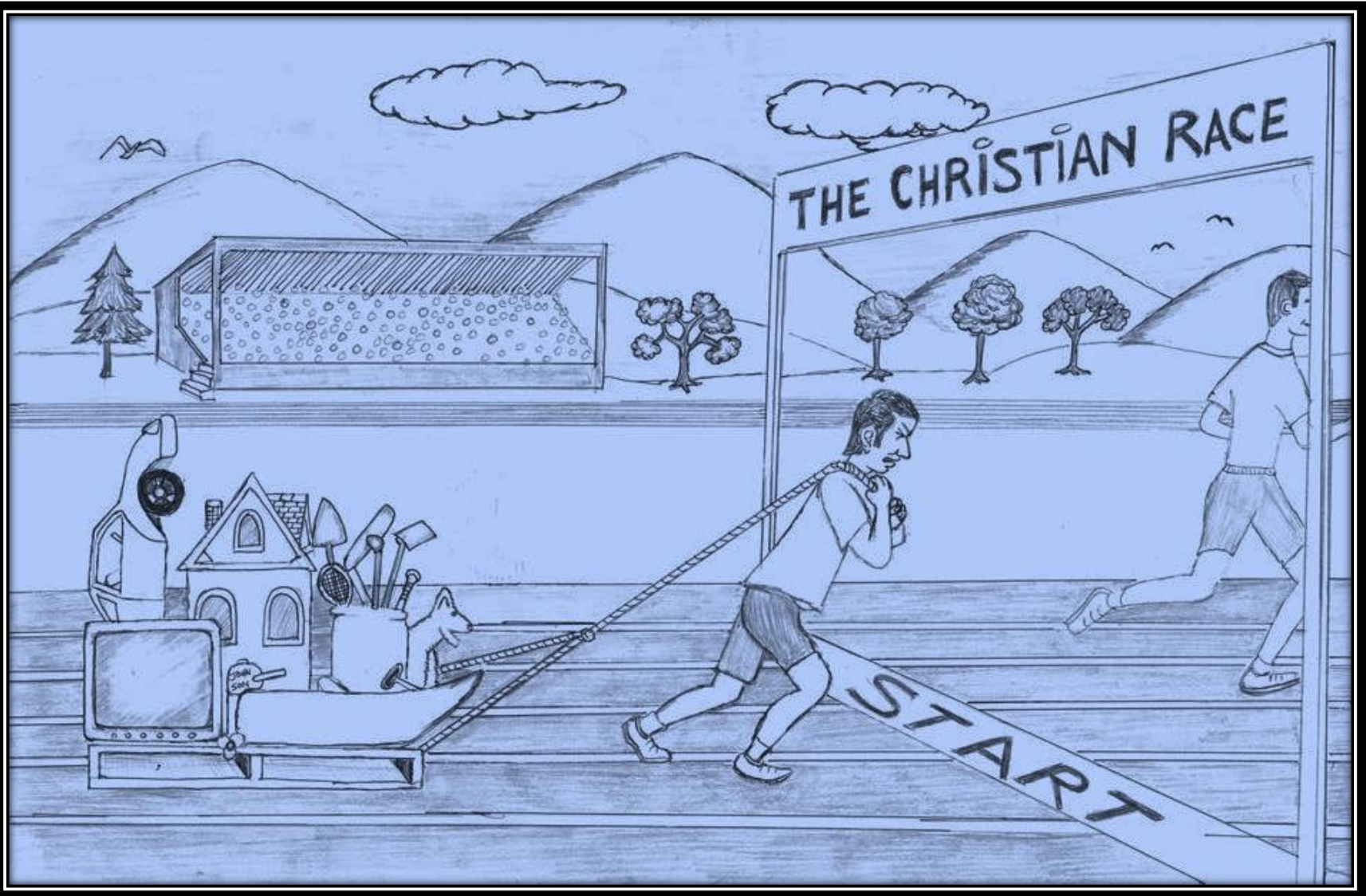
	Hobbies	
	Habits	
	Sports	
	Education	
	Vacations	
	Investments	
	Stress creators	
	Businesses	

Lay Aside Every Weight

		Lifestyle
		Activities
		Property
		Garden
		Video games
		Godly friends
		Distractions
		Personality

Lay Aside Every Weight

Marriage	Hobbies	Lifestyle
Children	Habits	Activities
Job	Sports	Property
Family	Education	Garden
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Wealth	Investments	Godly friends
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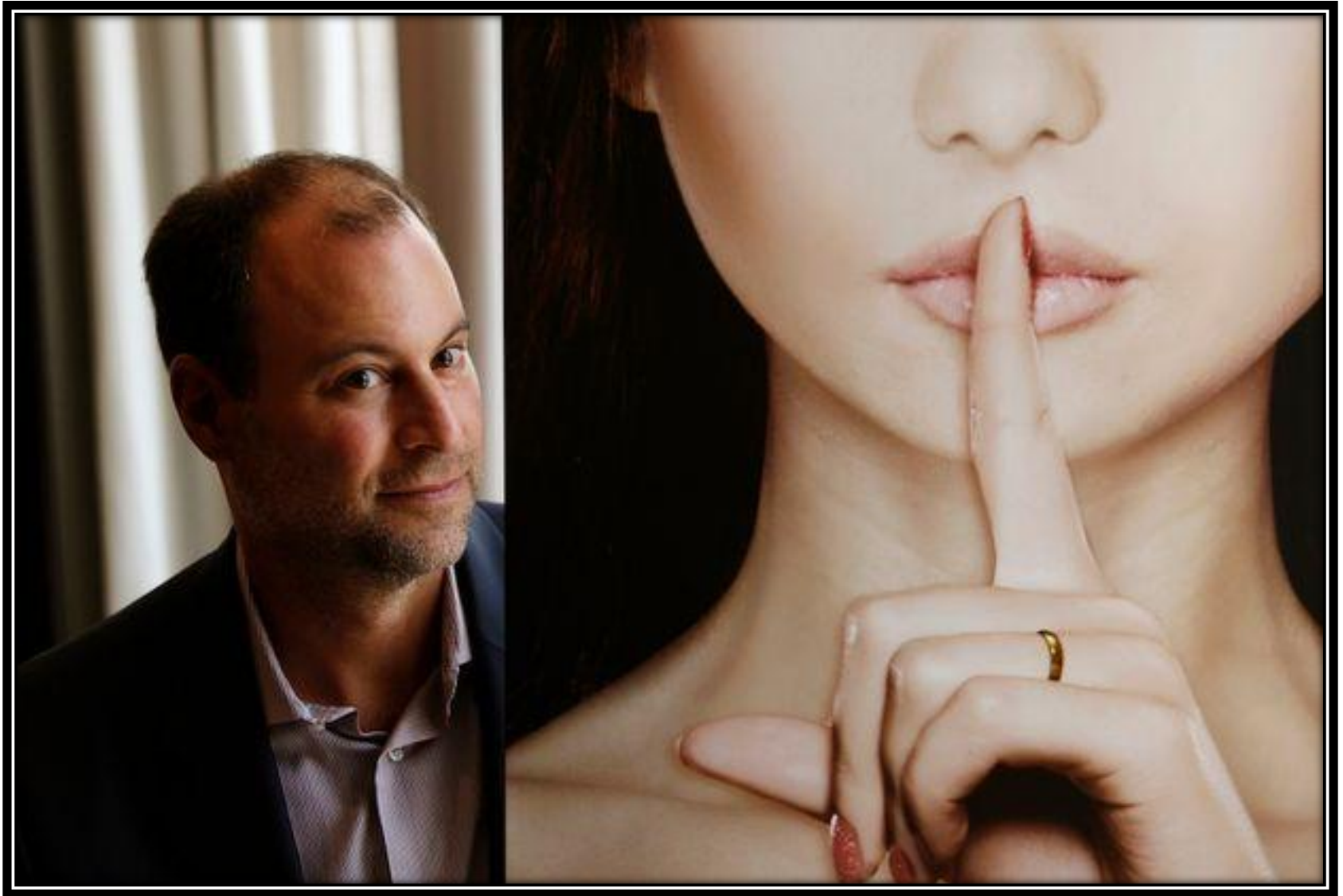


THE CHRISTIAN RACE

START

Sins Which Easily Beset Us

- Temptations to different runners may vary.
- Some sins tempt you more than other sins.
- The rule is to flee youthful lusts (II Tim 2:22).
- The rule is no provision for the flesh (Rom 13:14).
- You must put off your old man, not mine.





**“Now the works of the flesh are
manifest, which are these;
Adultery, fornication, uncleanness,
lasciviousness, Idolatry, witchcraft,
hatred, variance, emulations,
wrath, strife, seditions, heresies,
Envyings, murders, drunkenness,
revellings, and such like.”**

Galatians 5:19-21



Sins Which Easily Beset Us

Adultery		
Fornication		
Uncleanness		
Witchcraft		
Hatred		
Emulations		
Moods		
Wrath		

Sins Which Easily Beset Us

	Strife	
	Envy	
	Murder	
	Drunkenness	
	Revelling	
	Jesting	
	Heady	
	Foolish talking	

Sins Which Easily Beset Us

		Purloining
		Slothfulness
		Spendthrift
		Parental honor
		Civil authority
		Covetous
		Unthankful
		Stealing

Sins Which Easily Beset Us

Adultery	Strife	Purloining
Fornication	Envy	Slothfulness
Uncleanness	Murder	Spendthrift
Witchcraft	Drunkenness	Parental honor
Hatred	Revelling	Civil authority
Emulations	Jesting	Covetous
Moods	Heady	Unthankful
Wrath	Foolish talking	Stealing

**“Let her be as the loving
hind and pleasant roe;
let her breasts satisfy
thee at all times; and be
thou ravished always
with her love.”**

Proverbs 5:19

**“Husbands, love your
wives, and be not
bitter against them.”**

Colossians 3:19

**“But chiefly them that walk
after the flesh in the lust of
uncleanness, and despise
government. Presumptuous
are they, selfwilled, they are
not afraid to speak evil of
dignities.”**

II Peter 2:10

Sins Which Easily Beset Us

Television		
Music		
Friends		
Bitterness		
Unforgiveness		
Defraud wife		
Discontent		
Filthiness		

Sins Which Easily Beset Us

	Debate	
	Deceit	
	Malignity	
	Hypocrisy	
	Railing	
	Fantasies	
	Worldly	
	Swearing	

Sins Which Easily Beset Us

		Unmerciful
		Implacable
		Proud
		Boaster
		Lust
		Disrespect boss
		Unkind speech
		No savings

Sins Which Easily Beset Us

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Bitterness	Hypocrisy	Boaster
Unforgiveness	Railing	Lust
Defraud wife	Fantasies	Disrespect boss
Discontent	Worldly	Unkind speech
Filthiness	Swearing	No savings

**“Whosoever therefore shall
break one of these least
commandments, and shall teach
men so, he shall be called the
least in the kingdom of heaven:
but whosoever shall do and
teach them, the same shall be
called great in the kingdom of
heaven.”**

Matthew 5:19

Sins Which Easily Beset Us

Answer again		
Backbiting		
Banquetings		
Chambering		
Clamour		
Concupiscence		
Covenant break		
Debate		

Sins Which Easily Beset Us

	Despiteful	
	Effeminate	
	Evil surmising	
	Extortion	
	Froward	
	Gainsaying	
	Gluttony	
	Gravity	

Sins Which Easily Beset Us

		Grudge
		Highminded
		Incontinent
		Malice
		Naughtiness
		Odious
		Prognostication
		Self-love

Sins Which Easily Beset Us

Answer again	Despiteful	Grudge
Backbiting	Effeminate	Highminded
Banquetings	Evil surmising	Incontinent
Chambering	Extortion	Malice
Clamour	Froward	Naughtiness
Concupiscence	Gainsaying	Odious
Covenant break	Gluttony	Prognostication
Debate	Gravity	Self-love

**“Brethren, I count not
myself to have
apprehended: but this
one thing I do.”**

Philippians 3:13

**“Forgetting those
things which are
behind, and reaching
forth unto those things
which are before.”**

Philippians 3:13

There are four laps in a mile race.

Your place after three laps is worthless.

Paul ignored what he had done so far.

You must forget anything done so far.

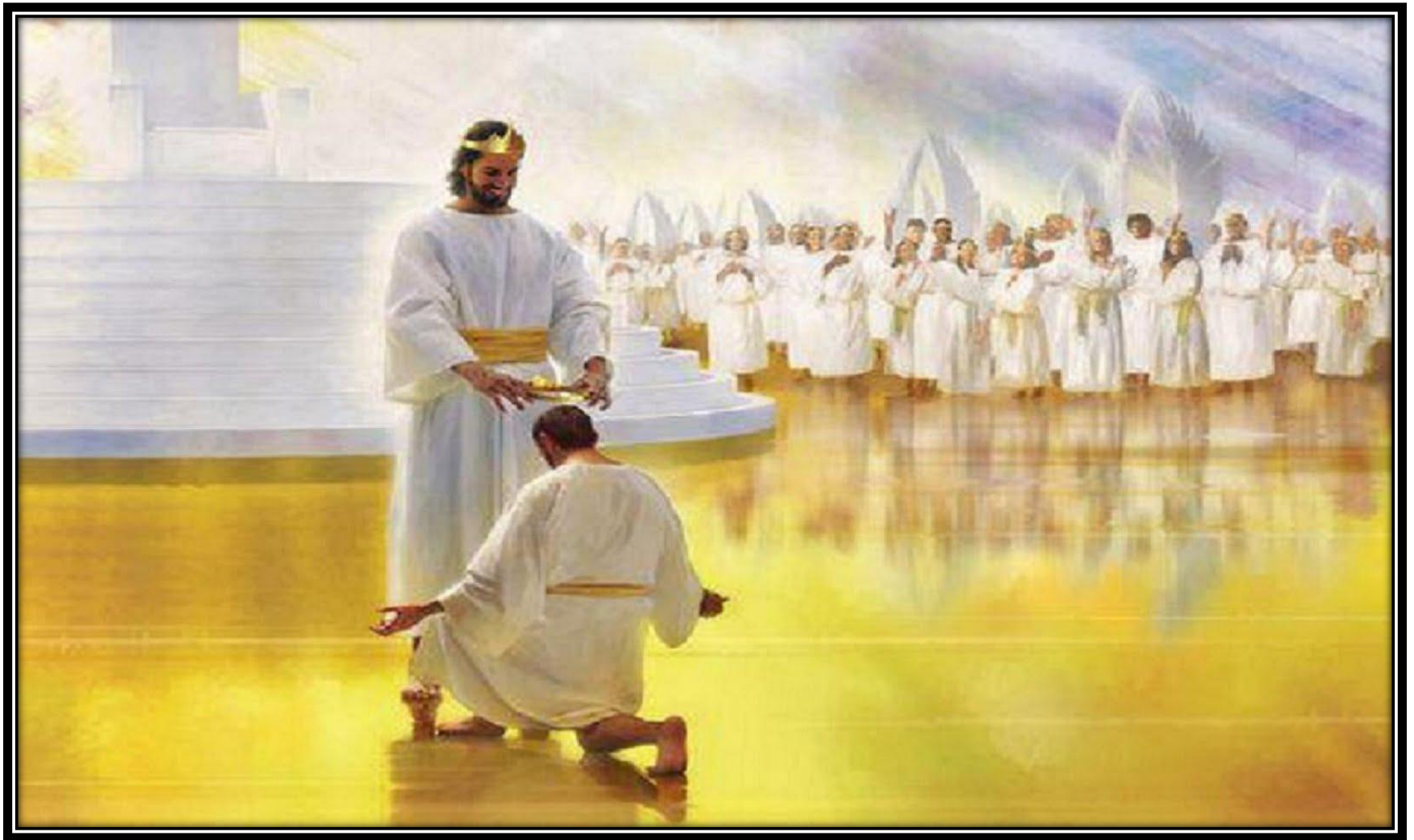
You must run the rest of your race to win.

**“I press toward the
mark for the prize of
the high calling of God
in Christ Jesus.”**

Philippians 3:14







For illustrative purposes only – Jesus in glory far outshines this picture!

#1

**God has given you
a race to run.**

#2

**You cannot avoid it,
but you can lose it.**

#3

**You will give a full
account of it soon.**

#4

**You were warned
again tonight.**

#5

**Our church is to
help each other run.**

For Further Study

- A Mighty Man's Life ... <http://www.letgodbetrue.com/pdf/a-mighty-man.pdf>.
- Managing Your Life ... <http://www.letgodbetrue.com/pdf/managing-your-life.pdf>.
- Managing Your Wife ... <http://www.letgodbetrue.com/pdf/managing-your-wife.pdf>.
- Family Planning ... <http://www.letgodbetrue.com/pdf/birth-control-2.pdf>.
- Forgotten Sins ... <http://www.letgodbetrue.com/pdf/forgotten-sins.pdf>.
- Ready to Die ... <http://www.letgodbetrue.com/pdf/ready-to-die.pdf>.
- Running Like Jesus ... <http://www.letgodbetrue.com/pdf/running-like-jesus.pdf>.
- Running Scared ... <http://www.letgodbetrue.com/pdf/running-scared.pdf>.
- Lord of Your Life? ... <http://www.letgodbetrue.com/sermons/christ/he-is-lord-of-all/sermon.php>.
- Your Body Is the Lord's ... <http://www.letgodbetrue.com/pdf/your-body-is-the-lords.pdf>.
- Movie – Chariots of Fire ... https://en.wikipedia.org/wiki/Chariots_of_Fire.
- Movie – Facing the Giants ... https://en.wikipedia.org/wiki/Facing_the_Giants.
- Book – Never Quit ... <http://www.goodreads.com/book/show/6100626-never-quit>.

www.LetGodBeTrue.com