



Running the race

Hebrews 12:1

Olympic sports

- BMX
- Boxing
- Water sports
- Archery
- Handball
- Rhythmic gymnastics



Top TV-rated Olympic sports



The race

Marathon

- Pain
- Endurance

Christian Life

- v4 – ‘shedding of your blood’
- v7 – ‘endure hardship’

Get rid

- of any stuff that makes running hard
 - 'everything that hinders'
 - things that may not be immoral or otherwise wrong but that are unhelpful
 - unhelpful places
 - unhelpful relationships
 - unhelpful entertainments



Get rid

- of any stuff that makes running hard
- of sinful stuff that trips you up
 - 'the sin that so easily entangles'



- Untruthfulness?
- Unfaithful thoughts?

Take your eyes off the race track and fix them on Jesus

- v1 ends
 - 'the set-before-you race'
- v2 begins
 - 'look away from that and look to...'

Take your eyes off the race track and fix them on Jesus

- Look way from the circumstances of your life and look to Jesus
 - *Jesus is the one who is the beginning and end of the faith*
 - *Jesus ran the race through greater temptations and deeper sufferings than we can ever face*
 - *Jesus ran the race in anticipation of joy*