

**Hebrews**  
12:1-3

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Philippians 1:29

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“For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake”

**Hebrews**

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For the Christian, belief in the gospel is given to us by God, but also suffering. Suffering was not a foreign concept to the Old Testament believers or the New Testament believers.

**Hebrews**

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Hebrews 11:4

Hebrews

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How does Abel still speak even though he is dead?

*The record of his life.*

Hebrews

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1. Read the Bible
2. Read about other faithful believers outside of Scripture
3. Reflect on those that you have known

Hebrews

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Don't ever set the end of your race too soon.

Hebrews

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**1. Remove extra weight**  
The Christian life should be a well-disciplined life

*What could be slowing you down?*

Hebrews

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1 Timothy 4:8

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"for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."

Hebrews

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**2. Remove sin**

Have you ever been slowed down by sin?

*What could be slowing you down?*

Hebrews

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1. Confess

2. Repent.

3. Pray for strength.

4. Avoid people, places, activities that strengthen sins clinch upon your life.

5. Seek support from mature believers.

Hebrews

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Luke 21:34

“But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap.”

Hebrews

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**3. Run with endurance**

Christianity is not an event, but an entire lifetime.

Hebrews

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We do not know what lies between here and heaven, but we know we must endure no matter what.

Hebrews

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Keep running even though every step may be painful. Keep running even though your body hurts. Keep running though you are suffering. Keep running even though you are in anguish. Keep running through the tears, the heartache, and the disappointment.

Hebrews

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When the hurt seems unbearable and it seems like you can't take one more step, keep moving forward.

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**3. Run with your eyes on Christ**

"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."

*You run better by focusing on Christ and not on your suffering.*

Hebrews

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This is a not-so-subtle reminder that pain and suffering were not foreign to the founder of our faith, and will not be foreign to our journey as well.

Hebrews

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2 Timothy 4:6-8

Hebrews

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Romans 8:16-18

Hebrews

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Philippians 1:6

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"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

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Colossians 3:1-3

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**As a Christian you are not running alone**

1. We are to remember that many have ran this race and finished well.
2. Jesus is with you.
3. Other runners are running with you.

Hebrews

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**Series: Hebrews**

**Sermon: Hebrews 12:1-2**

**1. Running the Christian life well involves both the removal of sinful activity and the addition of holy activity. The passage from Hebrews did not go into detail, but Paul in Col. 3:5-17 does. Read over the passage, list, and discuss what we are to remove and what we are to add. Make sure that each negative and positive is understood.**

**A. (-) Remove:**

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**B. (+) Add:**

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**C. Each runner, as well as each Christian, has different weaknesses. Look over the list of negatives. Is**

**anyone willing to share of a time or season where they were being slowed down by allowing sin to cling on to them. If so, please share and give any insight as to what was helpful to get back to running well?**

**2. Christians often suffer animosity, mocking, loss of friendships, and suffer in many ways, simply for living a steadfast Christian lifestyle.**

**A. What reason does Jesus give his disciples for why they too will be hated? Read John 15:18-19 \_\_\_\_\_.  
Does this mean that we should try to stir up hatred? \_\_\_\_\_  
See Romans 12:18?**

**B. Even though God warns us throughout the Bible that the world is opposed to Him and opposed to those who are His, it still hurts to be ostracized, mocked, or face suffering for living as God has called you live. What advice would you give someone at your table who is facing such adversity right now?**

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**3. Running the race, living the Christian life, is not a cake walk. What benefits are there to being close to other believers as you run? List several.**

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