

Running Requirements

Hebrews 12:1-4

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May 2, 2010

- 1) Requirements for running
 - a) Our race requires **effort**. (verse 1) "...let us run."
 - i) 1 Timothy 4:7-8 But reject profane and old wives' fables, and exercise yourself toward godliness. ⁸ For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.
 - ii) Hebrews 12:4 "...striving against sin.
 - b) Our race requires **patience and perseverance** (verse 1) "...with endurance."
 - i) Luke 21:19 By your patience possess your souls.
 - ii) Romans 12:12 ...rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;
 - iii) Hebrews 10:36 For you have need of endurance, so that after you have done the will of God, you may receive the promise:
 - c) Our race requires dealing with **pitfalls** - (verse 1)...let us lay aside every weight, and the sin which so easily ensnares us."
 - i) There may be **many weights**
 - (1) 2 Timothy 2:3-5 You therefore must endure hardship as a good soldier of Jesus Christ. ⁴ No one engaged in warfare entangles himself with the affairs of *this* life, that he may please him who enlisted him as a soldier. ⁵ And also if anyone competes in athletics, he is not crowned unless he competes according to the rules.
 - ii) There is **one** major sin
 - (1) Hebrews 3:12-13 Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; ¹³ but exhort one another daily, while it is called "*Today*," lest any of you be hardened through the deceitfulness of sin.
 - d) Our race requires **God's power**. (verse 2) "...looking unto Jesus, the author and finisher of our faith."
 - e) Our race requires **earthly partners** (verse 1, 3, 12)
 - f) Our race is personal (verse 1) "...the race that is set before us."

2) Resources for running

a) Look to Jesus for salvation -one time act

b) Look at Jesus for sanctification -a continual habit

c) Look for Jesus for Glorification - a constant hope

- i) Hebrews 10:37 - 39 "For yet a little while, And He who is coming will come and will not tarry. ³⁸ Now the just shall live by faith; But if anyone draws back, My soul has no pleasure in him. ³⁹ But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.

