

**The Promise**  
"Keep on Running"  
Hebrews 12:1-3  
Sunday, February 12, 2012

## **INTRODUCTION**

### **"LET US RUN..."**

#### **1. Run with the crowd in view**

- a. "Witnesses"
- b. We are to look at their enduring faith as an example to press on in faithful discipleship. It's a long, long race.

#### **2. Run without excess baggage**

- a. Weight simply means "burden / impediment"
- b. Sin is *humartia* which includes the sinfulness as well as the consequences of sin (i.e. guilt)
  - i. "Sin"
  - ii. No particular sin, just sin itself
    - (1) Cease from it.
    - (2) Gouge out the medium. **Wage war on this...**

#### **3. Run with endurance**

- a. Running with "endurance" - this means a "cheerful constancy"
- b. This is the greater view of our overall pursuit
- c. This is the **point** of the text

#### **4. Run with Christ in view (v.2)**

- a. The nature of the race is seen in the life of Jesus
  - i. "Looking to Jesus" is to consider attentively
  - ii. "the founder" - He is the "prince, ruler, originator" of our faith
  - iii. "perfecter" - just what it sounds like...the "consummator, completer, finisher"
- b. What did His race look like?
  - i. "endured the cross"
  - ii. Christ despised the shame
    - (1) **Deuteronomy 21:22-23**
    - (2) Christ was treated as a criminal
  - iii. Christ's pleasure and joy is the unhindered fellowship with the father
    - (1) **John 17:1-4**
    - (2) **Hebrews 1:13**
    - (3) **Psalm 110:1**
    - (4) **F.F. Bruce**, "He is seated at the right hand of God, and He is still there."

#### **5. Run with Christ-like Endurance (v.3)**

- a. Explicates the nature of our enduring run
  - a. "We" v.1
  - b. "Jesus" v.2
  - c. "(You)" v.3 - direct
  - d. "Consider"
  - e. **John 17:12-19**
- b. You will be tried
  - i. You will get depressed

- ii. You will want to give up
  - iii. You will sin in your fatigue
  - iv. You will get up
- c. Bear your cross
  - i. Christ's cross is not our cross
    - (1) Connection with v.1 to chp.11
    - (2) The weight we bear is not the weight Christ bore
  - ii. Take up your cross daily
    - (1) Perspective
    - (2) **Matthew 16:24; Mark 8:34; Luke 9:23**
- d. Gospel-centered endurance
  - i. Do not endure in self-righteous earning
  - ii. Do not endure in self-righteous payback
  - iii. Endure with grace-saturated perspective
- e. So, the cross and empty-tomb are our rescue to weariness
  - i. See Him
  - ii. Preach Him
  - iii. Remember Him...
    - (1) He is founder
    - (2) He is PERFECTER
      - (a) **John 17:20-26**
      - (b) **LORD'S SUPPER**