



July 24

Passage: Hebrews 12

ITS FRIDAY! For those of you working happy Friday! For those of you off for summer break, there's no difference in a Friday and a Monday for you... but happy Friday to you too!

As we jump into our study this morning, spend some time in prayer to the Lord!

## **READ & DIG.** Read Hebrews 12 (underline anything that sticks out to you)

This morning, we are going to focus on VV1-2. These verses were the theme of our year FOCUS. Here we find truths and calls to action!

### **SURROUNDED BY WITNESSES (1)**

The author of Hebrews begins with a reminder – *we are surrounded by a cloud of witnesses...* What exactly does that mean? After coming right out of chapter 11, where the author tells us of so many believers that have come before us. He tells us we are surrounded by them now. It's a reminder that they have gone before us, they have finished the race. It's a reminder that we are not on our own in this walk with Christ, but we are a part of the *church*, all believers that have come before and will come after us.

***Be encouraged, you are not alone!***

### **LAY ASIDE THE WEIGHT (1)**

It's hard to run isn't it? It's even harder to run with someone on your back... That's how it can feel sometimes can't it? As if we are walking with something weighing us down. Here the author calls the followers of Christ to *lay it aside*. This weight of course isn't actually a person... it's our sin, or things that draw us away from Christ. This could be regrets, it could be people, it could be fear... whatever it is the author of Hebrews is saying lay that aside... it will slow you down.

***Lay aside the weight!***

### **RUN WITH ENDURANCE (1)**

Again, running isn't fun... UNLESS... you have endurance. Endurance literally means, *enduring an unpleasant or difficult process or situation without giving way...* Endurance is the ability to continue. God has given us this ability in Christ. He has made the impossible possible. We have been given the *spiritual lungs* to be able to run the race... it just takes us doing it. We have to make the choice daily to run, to continue.

***Run!***

### **LOOK TO JESUS (2)**

The author of Hebrews helps us to remember where we can fix our focus – on Jesus. He is the *founder and perfecter of our faith...* not only that but *he endured the cross...* he isn't only the one who enables us to continue, but he shows us what it looks like because he did it for us!

***Look to Jesus!***

## **Apply & GO**

***So, we can find confidence to continue because we have Jesus and those who have gone before us!***

- ***Look to Jesus...*** he is our Savior, our example and our enabler!
- ***Lay aside...*** whatever is bogging you down! Shed the things that are holding you back!

- ***Run...*** Make the choice today that you are going to run with a focus of Jesus!