

THEREFORE:

Strip down,
Start Running,
Never Quit.

"(v.1) Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins.

(v.2) Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God.

(v.3) When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

(v.4) In this all-out match against sin, others have suffered far worse than you, to say nothing of what Jesus went through—all that bloodshed!
So don't feel sorry for yourselves."

Hebrews 12:1-4

The Message

The word—**THEREFORE**—draws a line from the first word in Genesis through the last word of chapter 11 of Hebrews. "**THEREFORE**" is a word the author uses to summarize what God has been doing and is doing throughout history. Finally, "**THEREFORE**" also refers to what God wants to do with us in this room today! Namely, to motivate us to thrive in the Christian life!

First of all, the author reminds us that we are never alone when we are alone!

THEREFORE,

#1-Strip Down!

"... let us strip off every weight that slows us down, especially the sin that so easily hinders our progress."

Some things in life must be rejected
if we are to run effectively

#2-Start Running!

"...and let us run with endurance the race that God has set before us."

The Christian life, like a long-distance run, is difficult and, therefore, takes sustained effort.

#3 Never Quit!

"... We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish."

If we are to live for God in a faithful manner, a healthy view of Christ and relationship with him are paramount.

With whom are you running?
Need help?