

# The Letter To The Hebrews Lay Aside Weight and Sin, and Run Hebrews 12:1-2

## Introduction

When we first trust Christ, we are powerfully changed. It's like we are off and running — praying, loving God's Word, loving each other, telling people about Jesus. But over time that can change. We start to get tired. We slow down. We wander. But if we've been born again, we won't want that. We'll want to get back to running. But how? What can we do? The answer is given in Hebrews 12 —

## What is the Christian life? (12:1)

It's a race (v.1). Before God saved us we are in a race heading to eternal destruction. But when God saved us he freed us from that race and put us in the race toward heaven. Running this race means trusting Jesus, praying, reading His Word, loving others, making disciples who make disciples. It's not a sprint. Since we run "with endurance" it's more like a marathon. And the finish line is the city prepared by God (11:16); entering God's rest (4:10); seeing God (12:14).

## What problems do we face in this race? (12:1)

We face the problem of "sin which clings so closely," because sin entangles and hinders us. And we face the problem of "every weight" — extra weight that's not necessarily sin but which slows us down.

## What can I do about these problems? (12:1)

We can "lay aside" these problems (v.1). No matter what they are, and the reasons we think this can't happen, the fact that he calls us to lay them aside shows that by God's grace we can lay them aside. So ask yourself: what keeps you from run the faster with fewer distractions (we're not talking about your job or other things God has called you to do)?

## How do I go about laying them aside? (12:2)

Hear what the cloud of witnesses is saying — *God is real, He is faithful, His reward is worth it all, so lay aside every weight and sin and RUN!*

Look to Jesus the founder and perfecter of faith. If your faith is weak, don't despair. If you look to Jesus, ask Him for help, pray over His Word — *He will strengthen your faith so you can lay these things aside.*

Look to Jesus who endured the Cross for the sake of joy. We should do the same. Laying aside every weight and sin so you can really RUN will bring you more joy in God now and forever.

So lay aside every weight and sin — and RUN.



