

The Reasons to Keep on Running

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Gray

Introduction

1. Hebrews 12:1-17
2. Paul used athletics as an illustration many times 1 Corinthians 9; Galatians
3. Most of us have heard the pep talks that a coach may give before a game, or even after a game, this is Paul's pep talk to Christians
4. There are many reason why some need this pep talk
 - a. Some want to quit
 - b. Some are tired of the Christian walk
 - c. Some think incorrectly, I am a hypocrite
 - d. You would never understand
5. Chapter 11 of Hebrews was written to inspire us to be faithful, faithful to run with patience, without wavering the race before us, chapter 12 was written to give us inspiration to keep on running or incentives for staying in the race
6. What are the reasons for staying in the race?

II Discussion

1. The witnesses verse 1
 - a. These men and women mentioned in chapter 11 should be familiar to us
 - b. They were persuaded of the promises of God 11:13; 10:23
 - i. Are these same promises to us as incentives for staying in the race
 - c. The witnesses encourage us to run a smart race by
 - i. Giving up the practice of sin and unnecessary burdens verse 1
 - ii. Running with patience
 - iii. Not forgetting that the race is before us and never behind us Philippians 3:13-14
2. The Winner Jesus verses 2-3
 - a. Unlike the witnesses, Christ can tell us about the race and the victory!
 - b. He is/was made winner through joy, endurance and despite
 - c. He is at the right hand of God's throne:
 - i. To assure us that we too can make it
 - ii. This assurance helps out too Acts 17:31; Romans 1:4
 - d. Our duty to Him is to look to Him and consider Him
3. The warnings Verses 4-11
 - a. Our race remain ever before us, we haven't won yet!
 - b. Yet many quit, why? Can we do anything about this
 - c. God is helping with chastisement, discipline as a Christian through the Word
 - d. When we practice or exercise ourselves I the Bible, we are running a smart race
4. The Wy, what to expect verses 12- 17
 - a. We will get fatigued, it is not a cake walk Galatians 6:9
 - b. We must make peace verse 14 with:
 - i. God

- ii. Fellow man
- iii. Ourselves
- c. We can expect hazards along the way Verses 15-16
 - i. By defilement
 - ii. By selling ourselves out
 - iii. By being rejected by God

III Conclusion

1. These are the incentives for keeping in the race:
 - a. The witnesses,
 - b. The winner
 - c. The warnings
 - d. What to expect along the way
2. If we know so much about the course why do some quit?
3. Have they counted the cost
4. We can win Revelation 2:10; 17:14
5. Are you in the race?

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