#### (Hebrews 12:1-4)

#### INTRODUCTION

We've heard others say it, perhaps we've said it, "I quit!"

I'm not suggesting that the answer to quitting is in ordinary advice:

"Make lemonade" "Keep a stiff upper lip" "Every cloud has a silver lining"

In Christian living, our text is one place in the Bible that answers the question, "What do I do when I feel like quitting?"

## 1. (v1) "SO GREAT A CLOUD OF WITNESSES" - look at others!

These "witnesses" are the heroes of the faith noted in chapter 11, pictured as spectators cheering on the believers, and we are to learn from their courage when we are tempted to quit.

Here's a partial "roll-call" from chapter 11.

Think of those faithful who have passed-away: learn from them when your courage lags. They were stedfast to the end, and they testify that it is worthwhile to do so.

## 2. (v1) "LET US" - look at ourselves!

"Lay aside every weight" - things that hinder our progress; weigh-us-down; slow us down; get in the way; impede our success; effects us negatively.

"And the sin which so easily ensnares us" - the sin that's always conveniently close by; the tempting thing that has everything in its favor, time, place, and opportunity; (KJV "besetting sin").

(Romans 13:14) "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

"Let us run with endurance ("patience") the race ... "

The word for "race" is (Gr. agona), from which we get our word "agony," and it means a difficult struggle, grueling, or a contest.

(2 Timothy 4:8) "fought the good fight, finished the race, kept the faith"

# 3. (v2) "LOOKING UNTO JESUS" - look to Jesus!

"Endured the cross" - a painful crucifixion.

"Despising the shame" - crucifixion was a humiliating penalty.

(v3) "Endured such hostility from sinners" - ridicule, mock, contempt, scorn.

CLOSE: v3) "lest you become weary and discouraged in your souls"

(Galatians 6:9) "let us not grow weary ... we do not lose heart"