INTRODUCTION

(Hebrews 12:1-4) "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking to Jesus ... consider Him who endured ... "

This lesson answers your question, "What do I do when I feel like quitting?"

1. LOOK AT OTHERS: (v1) "We are surrounded by a great cloud of witnesses ... "

These "witnesses" are the heroes of the faith noted in chapter 11, pictured as spectators cheering on the believers, teaching us to imitate their faith.

Let's review some names from this "roll-call" in chapter 11.

Recall those we know who were faithful to the end, and we learn to imitate their faith, and they testify that it is worthwhile to remain faithful to the end.

2. LOOK AT OURSELVES: (v1) "... let us lay aside ... and let us run ... "

"Lay side every weight" - things that hinder your progress in Christian living; things that weigh you down, slow you down, and impede your success; things that get in the way of giving your priority to God.

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

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

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. LOOK AT JESUS: (v2) "looking to Jesus ... (v3) consider Him ... "

"Endured the cross" - a painful crucifixion.

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

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

CLOSE: You may ask, "Why should I give this three-directional look?"

Answer: (v3) "... lest you become weary and discouraged in your souls."