

A photograph showing the lower bodies and shadows of three runners on a paved surface. The runner on the left wears a yellow shirt and black shorts, with a race bib that says '4755'. The middle runner wears a blue shirt and black shorts. The right runner's shirt is partially visible. Their long shadows are cast onto the ground to the right.

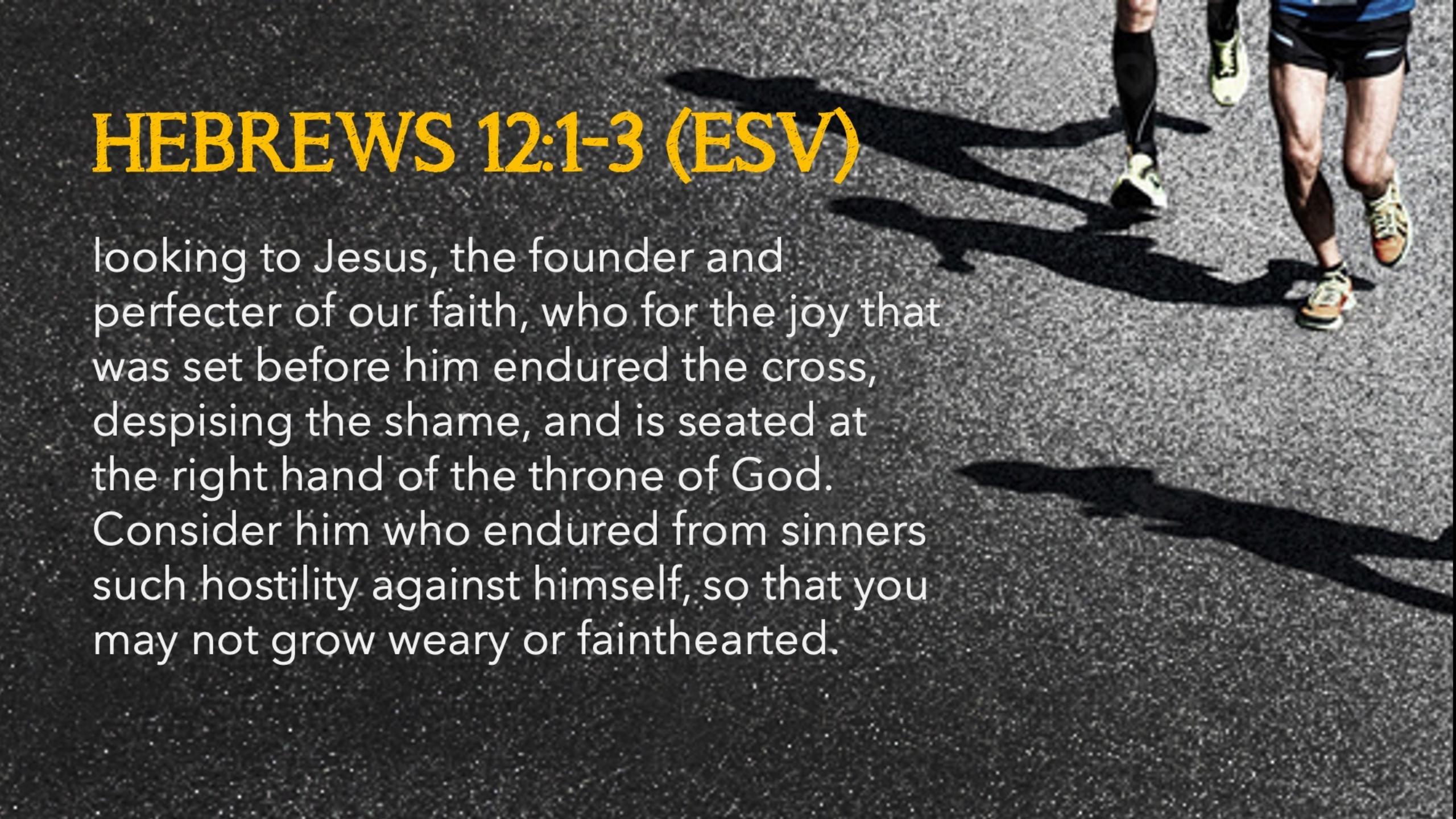
Running the Race

HEBREWS 13:1-3

HEBREWS 12:1-3 (ESV)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us...

HEBREWS 12:1-3 (ESV)

A black and white photograph showing the lower legs and feet of two runners in motion on a paved surface. Their shadows are cast onto the ground in front of them. The runner on the right wears blue shorts and patterned sneakers, while the runner on the left wears dark shorts and solid-colored sneakers.

looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

A photograph showing the lower bodies and shadows of three runners in motion on a paved surface. The runner on the left wears a yellow shirt and black shorts, with a race bib that says 'ATSS'. The middle runner wears a blue shirt and black shorts. The right runner's legs are partially visible. Their long shadows are cast onto the ground to the right.

Run the Race
Set Before You

VERSE 1

HEBREWS 12:1 (ESV)

Therefore, since **we** are surrounded by so great a cloud of witnesses, let **us** also lay aside every weight, and sin which clings so closely, and let **us** run with endurance the race that is set before **us**...





HEBREWS 12:1 (ESV)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance **the race that is set before us...**

ACTS 20:24 (NIV)

However, I consider my life worth nothing to me; my only aim is to **finish the race** and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.



A photograph showing the lower bodies of three runners in motion on a paved surface. The runner on the left wears a yellow shirt and black shorts, with a race bib that has 'ATSS' printed on it. The middle runner wears a blue shirt and black shorts. The right runner's shirt is partially visible. Their shadows are cast onto the ground to the right of them.

Lay Aside
Every Hindrance

VERSE 1

HEBREWS 12:1 (ESV)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also **lay aside every weight**, and **sin which clings so closely**, and let us run with endurance the race that is set before us



MARK 8:24-25 (NIV)

He looked up and said, "I see people; they look like trees walking around."

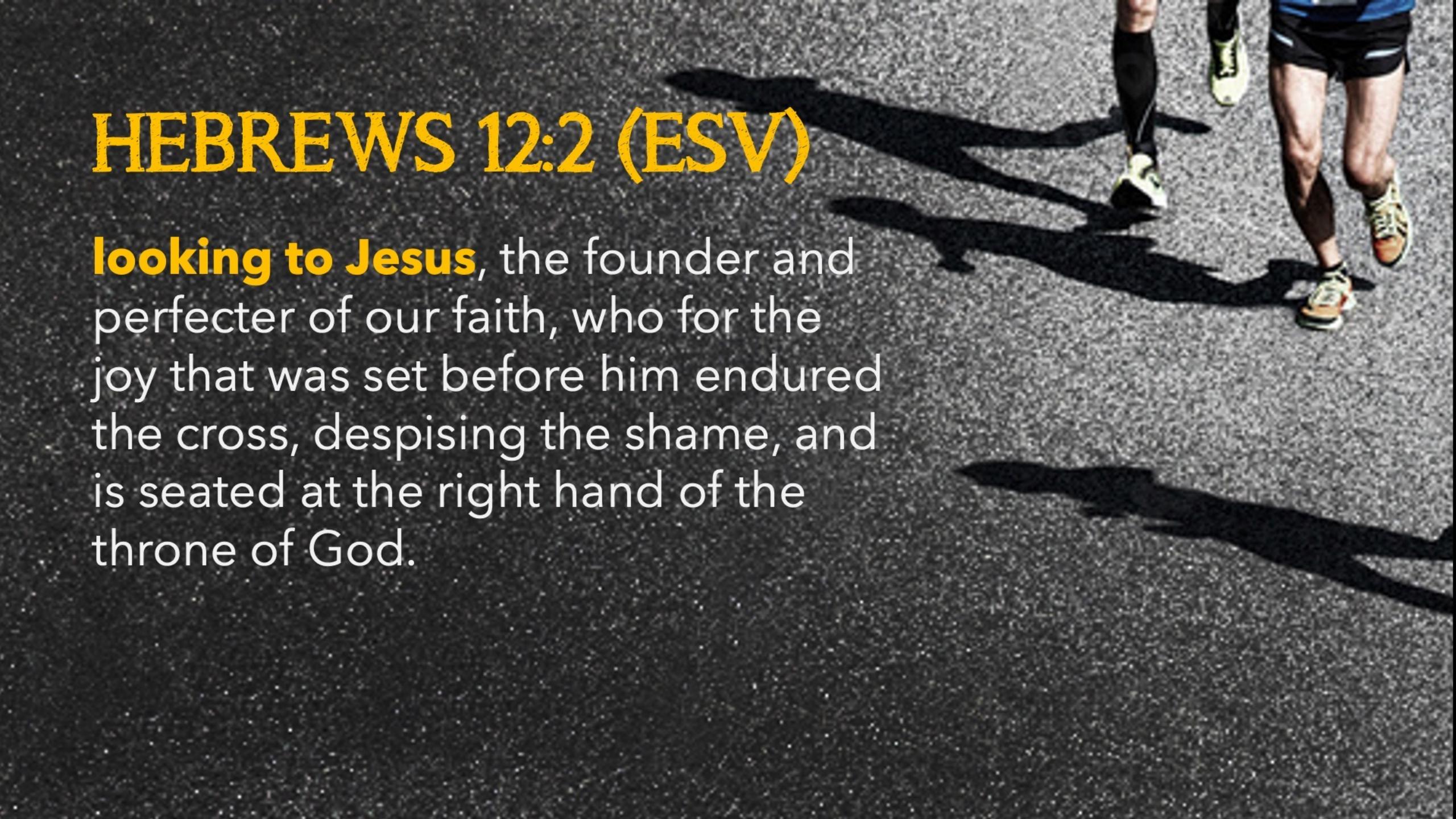
Once more Jesus put his hands on the man's eyes. Then his eyes were opened, his sight was restored, and he saw everything clearly.

A photograph showing the lower bodies of three runners in motion on a paved surface. Their shadows are cast onto the ground to the right. The runner on the left wears a yellow shirt and black shorts, with a race bib that has 'ATSS' printed on it. The middle runner wears a blue shirt and black shorts. The runner on the right wears a white shirt and black shorts. All three are wearing athletic shoes.

Keep Your
Eyes on Jesus
VERSES 2-3

HEBREWS 12:2 (ESV)

looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.



How is faith to endure, O God, when you allow all this scraping and tearing on us? You have allowed rivers of blood to flow, mountains of suffering to pile up, sobs to become humanity's song—all without lifting a finger that we could see. You have allowed bonds of love beyond number to be painfully snapped. If you have not abandoned us, explain yourself. We strain to hear. ...



But instead of hearing an answer we catch sight of God himself scraped and torn. Through our tears we see the tears of God. A new and more disturbing question now arises: Why do you permit yourself to suffer, O God? ... God is not only the God of the sufferers but the God who suffers. The pain and fallenness of humanity have entered into his heart. Through the prism of my tears I have seen a suffering God. ...



And great mystery: to redeem our brokenness and lovelessness the God who suffers with us did not strike some mighty blow of power but sent his beloved son to suffer like us, through his suffering to redeem us from suffering and evil. Instead of explaining our suffering God shares it.

Nicholas Wolterstorff, *Lament for a Son*



HEBREWS 12:3 (ESV)

Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

