

Hebrews 12:1-2 Running to Win (Momentum 2018)

Well we are day 3 into a New Year

A)How are those **New Years Resolutions** going?

B)According to Forbes magazine, **40 percent of Americans make New Year's resolutions**, but only 8 percent keep those resolutions.

C)If you ever have made a NY resolution and failed – 1)the following year – you try to make them more realistic

One man who made a resolution about getting in shape resolved to work out five days a week. – Failed

- The next year, he resolved to **work out three days a week**. – Failed again
- The Next year – super realistic, he planned to work out **one day a week**. Failed again
- Finally, he just resolved to **drive past a gym at least once a week**.- doing pretty good on that one.

Tonight we are beginning a 5 week series called Momentum – Going Forward in Faith.

A)In this 5 week series we are going to see what we can learn from Saints of Old

B)Hebrews 11 – Hall of faith – Men and women who walked with God –

1)**Noted lives** – that we can learn from/ not perfect lives – failures and set backs

C)That is important –because Momentum is not just about – going forward

1)But knowing what to do when you lose your momentum – how to get it back

D)Knowing how to get up when you have fallen.

E)I believe the principles we learn in this series **if applied** - will help us have Impactful /fruitful 2018

Kicking it off in Hebrews 12:1-2

12 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, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

There are many METAPHORS that the Bible likens the Christian life to;

A)**Soldiers in a Battle** / Farmers sowing seed / **Boxers Boxing** / Students in a school -

B)But the one of the **most common METAPHORS & Probably the easiest to relate to** is that we are **RUNNERS IN A RACE**

1)All of us have had some experience in running / racing / jogging /We have all done some type of running

One morning – driving to work down Oceanside Blvd – saw 3 different runners

A)First guy – **gray T-shirt –grey gym shorts – regular tennis shoes- trudging along in agony – looked like it / pain on face /**

B)This guy was hating every minute of it why did I eat that extra piece of cake last night /
1)**should have said no to that 5th slice of Pizza**

C)EVER SEEN THAT GUY? –

1)I have been that guy – misery

2nd RUNNER was this lady, sweat pants sweat shirt – also regular tennis shoes – she was doing one of those walk /run kind of things –

A)where – she was moving head like this / Arms were moving like running –but the speed was – mild walk

B)I Thought – God bless her – at least she is out here / **Wanted to HONK – thumbs up**

1)You go girl -

3rd Guy: WELL He was a runner: JUST TELL

A)Nylon shorts / tank top / expensive light weight running shoes – Bounce in his step –

B))His whole appearance, the pace/ the bounce Portrayed the attitude **I LIVE TO RUN –I enjoy running – I am out here – because I want to be/**

C)Which person describes your life as a Christian Runner in the Race Set before us ?

1)Hating it? But doing it? – Trudging along – not quite running yet

D)Or running strong & enjoying it – Momentum..

E)Now some of you here today are **NOT IN THE RACE** of faith / haven't started –

1)Haven't received Christ as your Savior & Lord

Let's see what we can learn tonight about Running the Race of faith with Momentum – 4 things consider

A)#1 OUR CROWD V.1 Therefore: - Points back to Ch. 11 – **cloud of witnesses**

B)That is those who have gone before us - Hebrews 11 Hall of the faith

1)Witness gives the idea of testimony – We will learn about some their lives in the coming weeks

C)Their witness or testimony is that this **race of faith is possible to run.**

1)Yes there will be times when you falter – stumble – but you regroup and keep going.

D)Their testimonies are meant to inspire is to Run well!

E)That is Our CROWD

#2 Our Course - Notice also in V.1 Let us Run the race that is set before us!

A)**The word RACE speaks of a course** – we are running a course –

B)The races in Roman times – not on an Oval track like today –

1)It was a course that they ran – Marathon course

C)Note – The Christian race is not Sprints – or even a series of sprints

But that is the way some believers run –

A)Run real hard for a week or two or three – then they rest – take a break – go back to the old life.

B)Life reflects constant – starts and stops – ups and downs – times going real well –

1) other times not going at all.

C)That is not how we are to run – the Christian Race is DAILY

1)Constant – involves consistency.

Note the phrase the Race that is set before us

A)**Tailor MADE** - We each have a course that we are running Tailor made by God –

B)**So my course is going to differ from your course** – Yours from your neighbors –

C)**You and I each have a course that God has laid out for us.**

1)Set before us – We don't know what awaits us – what hills – challenges – pot holes – GOD KNOWS

D)The course is designed by God to grow us – stretch us – **Forward in Faith**

1)Mold us and challenge us to make us more like Christ.

The course is also divinely designed by your heavenly father – to put you in contact with people a long the way

A)**People that are going to influence you. –**

B)But also those who you will have the unique ability to influence and impact for the cause of Christ – for the sake of the Kingdom.

C)Now here is the thing – Some of those people you will not meet – if you stop running

D)Paul declared in 1 Corinthians 9:24 **24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win!**

We are to run the RACE IN ORDER TO WIN!

A)2011 Boston Marathon was won by a guy from Kenya – The Boston Marathon is 26.2 miles – He won in record time – 2 hrs/ 3min/ 2 secs

B)He ran at a clip of an average of 4 min and 41 seconds per mile. - THAT IS MOVING!

C)My point? If we are going to run the race to win – it means that we are going to have to keep going at steady pace –

1)That is why he says to run with endurance.

Endurance: speaks of a steady determination to keep going. It means continuing even when everything in you wants to slow down or give up.

In 2015 Maickel Melamed– was the last person to finish the Boston Marathon – 4 A.M., 20 hours after the race began.

In Marathon History we are used to making note of who finishes first or 2nd – rarely who finished last Maickel Melamed's story is an impressive example of endurance.

What made Maickel's race significant is that he suffers from a disease similar to muscular dystrophy, which means he didn't so much run the race as walk it.

As he reflected on his accomplishment, Maickel stated, "**In any marathon, you have to know why you're doing it. Because in the last mile, the marathon will ask you.**"

Part of Maickel's motivation came from wanting to honor Boston Children's Hospital where he was treated as a child.

The Christian life is filled w/ Mt. Tops & Valleys go from one to the other –

A) Sometimes the valleys can seem sooo long – Everything inside of us wants to stop- GIVE UP !

B) Run w/ endurance means we keep on going /

25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. AIM 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. 1 Corinthians 9:25-27

C) We are running for an eternal crown –

1) One day hear our Heavenly Father say – Well done

The Greeks had a race in their Olympic games that was unique. The winner was not the runner who finished first. It was the runner who finished with his torch still lit.

We are so often so busy with life's activities that we are in danger of allowing the torch of our spiritual life to become extinguished.

I want to run all the way with the flame of my torch still lit for Him."

#3 Our Conditions – RUN WELL -

A) If you are going to be a runner – who runs well – there are conditions –

B) Ways you need to train – Things you need to avoid and things you need to do

C) Our conditions are found in the phrase laying aside the weights and the sin

D) These are two things that you cannot have in your life if you are going to be running well.

E) Things that have to be laid aside: Weights and Sin

Start with the Obvious one – Sin

A) Sin is blatant – outright – that which goes against the Word of God –

B) Those are the things that we know are wrong! Secret sins –

1) little compromises that turn into big problems.

C) Some of you are entangled by sin – need to repent

Porn – addiction – gambling – flirting –

D) Bitterness – gossip – unforgiveness

1) they are only traps of the devil to trip you up and hold you back

What would you think – Olympic runner showed up track – in weights on ankle wrist – weight belt – and a ball and chain?

A) Crazy – stupid – can't run like that! – Why do we try to run with all this excess baggage

B) Lay it aside – Turn from it – be free tonight

C) Jesus paid price – no longer in Bondage

Weights: One of the greatest problems runners face is weight.

A) Several years ago the winner of a recent Olympic gold medal for the 100 meters came to our country for an invitational track meet.

B) He was considered the world's fastest human being. But when he ran the preliminary heat, he did not even qualify.

1) In an interview afterward he said the reason was simple. He was overweight. He had trained too little and eaten too much.

C) **What was interesting was He had not gained a great amount of weight, but it was enough to keep him from winning—even from qualifying.**

What about you? Have you gained some weight spiritually that is hindering you from running like you once did younger in your walk?

A) WEIGHTS are different from sins in this: they are not black and white – not clear

B) Weights are things that we can add to our lives that hold us down / hold us back

1) Things that impede our progress or burden down our hearts

C) **Weights are things that might be wrong for you but not necessarily for someone else**

1) No affect on your friend – but they weigh you down

The Question you have to answer tonight is this: Are you carrying some excess baggage.

A) Are there attitudes or habits that are holding you back spiritually – LAY THEM ASIDE

B) Do you feel weighted down by CARES YOU are holding on to – YOU DON'T TRUST GOD

C) Casting all your cares upon him – he cares for you

1) Lay it down

D) Leave it there!

E) **If you are going to finish well – you have to get rid of the weights and SIN –those are the CONDITIONS**

#4 Our Concentration - let us run with endurance the race that is set before us, 2 looking unto Jesus, - fixing our eyes {get your eyes back on Jesus} the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Now the exhortation to keep our eyes on Jesus is not because Jesus is our example.

A) There is no encouragement in that – I am not Jesus! – No delusion here – I am not Jesus.

B) So the point is not Jesus did it – so can you!

1) But Jesus did it – SO YOU COULD!

C) **Telling us to run keeping our eyes on Jesus is meant to Encourage us and to strengthen us.**

D) That is why he says Run looking unto to Jesus the **author and the finisher** of your faith.

1) Jesus has already ran the race and won! –

E) He is the author of our faith and He is the finisher!

He is our source of strength so that we can run and finish!

A) Jesus **did not leave us orphans** – sent the Holy Spirit – to help us.

B) Doesn't leave us to run this race alone or in our own strength.

Lets us run Looking unto Jesus Who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

A) This is meant to be our inspiration for Running! Remember how much you are loved.

B) Remember why you are running – because of what Jesus did for you.

1) **Joy set before Him** – two things – hearing the father say well done.

C) But also –seeing you in the presence of God!

Endured the Cross – not – barely made it!

A) Hupomeno – Means to Conqueror – Jesus conquered the cross – Satan

B) Disarmed principalities and powers –

C) He is with you – Help you Conqueror as well

D) He endured – we can endure

ROMANS 8:37 - Yet in all these things we are more than conquerors through Him who loved us.

Now all of us are running! – How well are you running?

**A)Some of you are not running in the right race!
The Jesus Race is the only one that gives a prize.**

B)Two roads – two races – Broad road or race – a lot of people are running in that race – leads to destruction –

1)Easier race to run – Everyone else.

C)Narrow race – Leads to life!

D)Get in the race – Turn from sin/ self / Embrace what Jesus did on Calvary for you. –

1)Give your heart to Him today.

Rejoice tonight – the one who Has Won for us