

Hebrews 12:1-3 (NIV)

1 Therefore, since we are surrounded by such a great cloud of witnesses, **let us throw off everything that hinders and the sin that so easily entangles.** And **let us run with perseverance the race marked out for us,**  
2 **fixing our eyes on Jesus,** the pioneer (author) and perfecter (finisher) of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

3 **Consider him who endured such opposition from sinners,** so that **you will not grow weary and lose heart.**

**Throw off everything that hinders your  
walk with God**

Ask yourself,  
**What is it that hinders me from doing  
what I know God wants me to do?**

What is it that hinders me from being who I  
know God wants me to be?

When you put your finger on it, work on  
removing the hinderences.



**Throw off the sin that so easily entangles**

Identify your own sin nature so you can  
battle it in Jesus

## **Run with perseverance (patience) the race marked out for us**

perseverance (patience)

1) steadfastness, constancy, endurance

1a) in the NT the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings

## **Fix your eyes on Jesus**

Jesus Is the only one who shows us  
the way to win.

John 14:6 (NIV)

Jesus answered, “I am the way and the truth  
and the life. No one comes to the Father  
except through me.



**Consider Jesus who endured such  
opposition from sinners so that you will  
not grow weary and lose heart**