

Hebrews 11:1, 6 (NET)

Now faith is being sure of what we hope for, being convinced of what we do not see.

[6] Now without faith it is impossible to please him, for the one who approaches God must believe that he exists and that he rewards those who seek him

Hebrews 11:13 (NET)

These all died in faith without receiving the things promised, but they saw them in the distance and welcomed them and acknowledged that they were strangers and foreigners on the earth

Hebrews 12:1-2 (NET)

Therefore, since we are surrounded by such a great cloud of witnesses, we must get rid of every weight and the sin that clings so closely, and run with endurance the race set out for us, [2] keeping our eyes fixed on Jesus, the pioneer and perfecter of our faith. For the joy set out for him he endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Hebrews 12:3-4 (NET)

Think of him who endured such opposition against himself by sinners, so that you may not grow weary in your souls and give up. [4] You have not yet resisted to the point of bloodshed in your struggle against sin.

A male athlete in a blue singlet is running through a red ribbon. He has a determined expression and is wearing a white bib that reads "TRACK & FIELD CHAMPIONSHIPS" and "404". The background is a blurred track.

RUN THROUGH the TAPE

Hebrews 12:3-4



I EXPECTED TIMES LIKE THIS-

but never thought they'd be so bad, so long, and so frequent.

**But I never thought they'd be so BAD,
so LONG and so FREQUENT**

Hebrews 12:1-2 (NIV)

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] Let us **fix our eyes on Jesus**, the author and perfecter of our faith, **who for the joy set before him ENDURED the cross, scorning its shame**, and sat down at the right hand of the throne of God.

Hebrews 10:32-33 (NIV)

Remember those earlier days after you had received the light, when **you stood your ground** in a great contest **in the face of SUFFERING**. [33] Sometimes you were **publicly exposed to insult and PERSECUTION**; at other times you **stood side by side with those who were so treated**.

Hebrews 10:34-36 (NIV)

You **SYMPATHIZED** with those in prison and joyfully accepted the **CONFISCATION** of YOUR PROPERTY, because you knew that you yourselves had better and lasting possessions.

[35] **So do not throw away your confidence;** it will be richly rewarded.

[36] **You need to PERSEVERE** so that when you have done the will of God, you will receive what he has promised.

John 15:20 (NIV)

Remember the words I spoke to you:

**'No servant is GREATER
than his MASTER.'**

**If they PERSECUTED ME,
they will persecute
YOU ALSO...**

John 16:33 (NIV)

"I have told you these things,
so that IN ME you may have PEACE.

In this world you WILL HAVE trouble.

But take heart!

I have OVERCOME the world."

This passage teaches us that we must be **TOTALLY absorbed with Jesus**. This requires turning away from those things that distract us - and then turning towards and consciously focusing and meditating on Jesus. This is why we must read and re-read the Gospels.

This is why our WORSHIP must be CENTERED on Jesus Christ.

R K Hughes



Hebrews 12:3 (NIV)

Consider HIM who endured such opposition from sinful men, **so that** you will **not grow weary** and lose heart.

1 Corinthians 11:23-24 (NIV)
For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, **took bread,** [24] and when he had given thanks, he broke it and said, "**This is my body, which is for you; do this in REMEMBRANCE of me.**"





1 Corinthians 11:25-26 (NIV)
In the same way, after supper he **took the cup**, saying, "This cup is the new covenant in my blood; **do this, whenever you drink it, in REMEMBRANCE of me.**" [26] For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

1 Cor. 11:27-28 (NIV)

Therefore, whoever
eats the bread or
drinks the cup of

the Lord in an unworthy manner will be
guilty of sinning against the body and
blood of the Lord. [28] **A man ought to
examine himself before he eats of the
bread and drinks of the cup.**

