



*Welcome To Open Bible Hour*  
*Thank you for joining us on this Lord's Day!*

*Our desire is that you may grow in the grace and knowledge of our Lord Jesus Christ as we pursue an in-depth study of the book of Hebrews.*

*If you have a prayer request, for which you would like us to pray, please fill out a prayer sheet at the back table and give to Lyle.*

*Our website: [OpenBibleHour.net](http://OpenBibleHour.net)*



# “RUN ”

Hebrews 12:1-11

April 13, 2014

## Heb 12:1-11

- 1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,
- 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.
- 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.
- 4 You have not yet resisted to the point of shedding blood in your striving against sin;
- 5 and you have forgotten the exhortation which is addressed to you as sons,  
"MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD,  
NOR FAINT WHEN YOU ARE REPROVED BY HIM;
- 6 FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES,  
AND HE SCOURGES EVERY SON WHOM HE RECEIVES."
- 7 It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline?
- 8 But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons.
- 9 Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?
- 10 For they disciplined us for a short time as seemed best to them, but He disciplines us for our good, so that we may share His holiness.
- 11 All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

# “RUN”

## I. THE RACE (1d)

1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance ***the race that is set before us,***

## **Ps 119:32**

32 I shall run the way of Your commandments,  
For You will enlarge my heart.

## **Isa 40:31**

31 Yet those who wait for the Lord  
Will gain new strength;  
They will mount up with wings like eagles,  
They will run and not get tired,  
They will walk and not become weary.

## **Phil 2:16**

16 holding fast the word of life, so that in the day of Christ I will have reason to  
glory because I did not run in vain nor toil in vain.

## **2 Tim 2:3-5**

3 Suffer hardship with me, as a good soldier of Christ Jesus.

4 No soldier in active service entangles himself in the affairs of everyday life, so  
that he may please the one who enlisted him as a soldier.

5 Also if anyone competes as an athlete, he does not win the prize unless he  
competes according to the rules.

# **1 Cor 9:24-27**

24 Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win.

25 Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable.

26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;

27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

# “RUN”

## I. THE RACE (1d)

1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance ***the race that is set before us,***

## II. ENCOURAGEMENT FROM THE HALL OF FAITH(1a)

1 Therefore, since we have so ***great a cloud of witnesses surrounding us,*** let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,

### **III. REMOVE WHATEVER SLOWS MY RUN(1b)**

1 Therefore, since we have so great a cloud of witnesses surrounding us, ***let us also lay aside every encumbrance and the sin which so easily entangles us,*** and let us run with endurance the race that is set before us,



To lay aside every weight and entanglement of sin and to run the race means fleeing idolatry, yielding to the Holy Spirit, making the most of every opportunity, praying without ceasing, yielding your members as instruments of righteousness, hiding God's Word in your heart and meditating on it day and night, walking in the truth, not yielding to temptation, exhorting one another every day, considering yourself dead to sin, taking up your cross daily, abiding in Christ, putting on the armor of God, plucking out the eye of lust, fleeing fornication, presenting your bodies as living sacrifices, cutting off the hand of covetousness, resisting the Devil, taking every thought captive to obey Christ, and putting to death the deeds of the flesh.

## IV. RUN TO FINISH(1c)

1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us ***run with endurance*** the race that is set before us,

# 3 Phases of Salvation

## Justification

"I have been saved"

**Saved from the  
penalty of sin.**

## Sanctification

"I am being saved"

**Saved from the  
power of sin.**

## Glorification

"I shall be saved"

**Saved from the  
presence of sin.**

### **Phil 1:6**

6 For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

### **Rom 8:30**

30 and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

Greek Word		Meaning	Spiritual Level	Characteristics	Need	Scripture
Positional Eternal	Practical Temporal					
Teknon  Huios		Child Forever Son Forever	Heir of God  Adopted	All Positional Truth	Put his Position into practice.	Jn, 1:12; <u>Rom.8:16,17</u> Gal. 3:26; Rom 8:14,15
	Brephos	New-born 0-1	Infant	Desire for milk	Taught the basics.	<u>1 Pet. 2:2</u>
	Nepios	Toddler 1-3	Baby/ Toddler	Foolish Immature	Discernment	I Cor. 3:1; Heb. 5:13 <u>Eph. 4:14</u>
	Paidion	Child 4-12	Committed Disciple	Teachable  Strong	Discipline	1 Jn. 2:13,14 <u>1 Cor. 14:20</u>
	Neaniskos	Young Man 13-21	Victorious Disciple	Applies the Word Defeats Satan	Consistent victory.	1 Jn. 2:13,14
	Pater	Father Adult	Mature Disciple	Knowledgeable Teaches others	Reproduction	<u>1 Jn, 2:13.14</u> 1 Cor. 4:15

## **2 Cor 5:10**

10 For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.

## **2 Tim 4:7-8**

7 I have fought the good fight, I have finished the course, I have kept the faith;

8 in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.

# **IV. THINK ABOUT WHAT THE LORD JESUS ENDURED (2-4)**

- 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.
- 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.
- 4 You have not yet resisted to the point of shedding blood in your striving against sin;



## ***We fix our eyes on Jesus because -***

- He is our sympathetic high priest before God (4:14-16),
- He is interceding for us day after day in heaven (7:25),
- He puts His laws in our minds and writes them on our hearts,
- He is our God (8:10),
- He remembers our sins no more (8:12),
- He gave Himself once for all as a final sacrifice for our sins (9:14),
- He perfected us for all time by a single offering (10:14),
- He gave us a clean conscience by His own blood (9:14; 10:22),
- He promised never to leave us or forsake us (13:5-6)

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- 4 You have not yet resisted to the point of shedding blood in your striving against sin;

## **Heb 10:34**

34 For you showed sympathy to the prisoners and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and a lasting one.

# **IV. THINK ABOUT WHAT THE LORD JESUS ENDURED (2-4)**

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- 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.
- 4 You have not yet resisted to the point of shedding blood in your striving against sin;

## **V. TRAINING AND DISCIPLINE ARE HARD (5-11)**

### ***A. The Lord loves Who He trains and disciplines.***

5 and you have forgotten the exhortation which is addressed to you as sons,

"MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD,

NOR FAINT WHEN YOU ARE REPROVED BY HIM;

6 FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES."

### ***B. We are His sons and therefore in need of discipline.***

7 It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline? Hebrews 12:7

*If ye submit to his authority, humble yourselves under his hand, and pray for His blessing, then God deals with you as sons.*

***C. God's discipline shows we belong to Him.***

8 But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons.

***D. If we respect our earthly fathers for training us, then much more our heavenly Father.***

9 Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?

***E. Training and discipline are hard, but they yield great benefit.***

10 For they disciplined us for a short time as seemed best to them, but He disciplines us for our good, so that we may share His holiness.

11 All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.