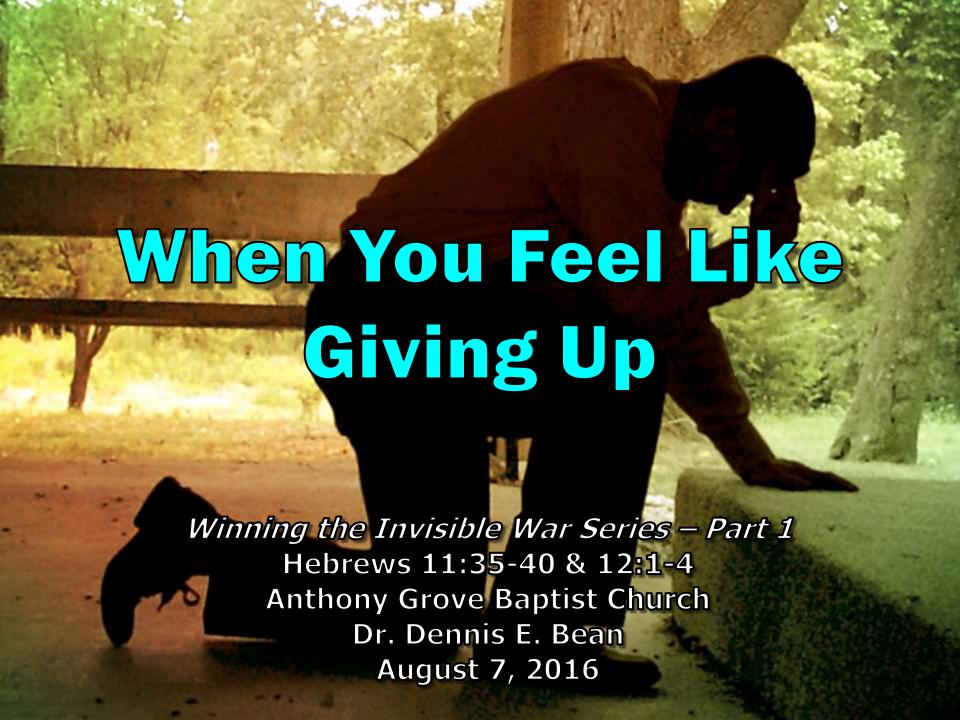


(Sunday August 7th)

When You Feel Like Giving Up



Hebrews 11:35-40

35 Women received back their dead, raised to life again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. ³⁶ Some faced jeers and flogging, and even chains and imprisonment.

37 They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated—38 the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.

39 These were all commended for their faith, yet none of them received what had been promised, 40 since God had planned something better for us so that only together with us would they be made perfect.-- (NIV)

Hebrews 12:1-4 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 and perfecter of 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. 4 In your struggle against sin, you have not yet resisted to the point of shedding your blood.-- (NIV)





1. Remember That Heaven Is Watching You

Hebrews 12:11 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,-- (NIV)

2 Chronicles 16:9

⁹ For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him."--(ESV)

2. Eliminate What Hinders You

Hebrews 12:11 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,-- (ESV)

A. Eliminate The <u>Weights</u> That Hinder You.

Ephesians 5:16¹⁶ Make the most of every opportunity in these evil days.-- (NLT)

B. Eliminate The Sins That Hinders You.

1 John 3:4⁴ Everyone who sins is breaking God's law, for all sin is contrary to the law of God.-- (NLT)

James 4:17

17 If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.-- (NIV)

3. Run Gods' Race For You, Not Other's Race

Hebrews 12:11 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.-- (NLT)

Jeremiah 29:11

11 For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.-- (NLT)

4. Focus On <u>Jesus</u>, Not Your Circumstances.

Hebrews 12:2² 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.-- (NIV)

Jonah 2:7

7 When I had lost all hope, I turned my thoughts once more to the Lord. (TLB)

5. Minimize The Pain, Maximize the Benefit.

Hebrews 12:22 We must keep our eyes on Jesus, who leads us and makes our faith complete. He endured the shame of being nailed to a cross, because he knew that later on he would be glad he did. Now he is seated at the right side of God's throne!-- (CEV)

Galatians 6:9

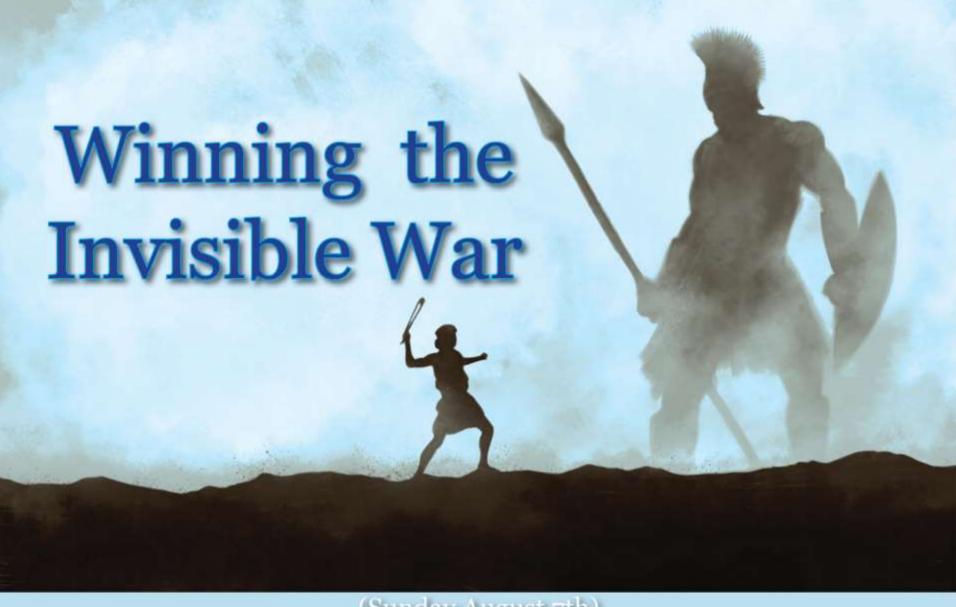
- 9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.-- (NIV)
- Play It Down and Play It Up

6. Remember What Jesus Did For You

Hebrews 12:3–4³ Think of all the hostility he endured from sinful people; then you won't become weary and give up. 4 After all, you have not yet given your lives in your struggle against sin.--(NLT)

Hebrews 10:35–36

35 So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! 36 But you need to stick it out, staying with God's plan so you'll be there for the promised completion.--(The Msg.)



(Sunday August 7th)

When You Feel Like Giving Up