

**Emmanuel Church Tolworth**  
**28.3.21**  
**Service Order and Sermon Notes**

Welcome

Song: Cloaks and Branches

All age slot

Children and young people to JAM and Pathfinders

Song: All Glory Laud and Honour

Heroes of the Faith: introduced by Liz Crozier

Prayers: Marc Evans

Reading: Hebrews 12:1-3 David Croziers

Sermon: Paul Louie

Song: Consider Christ

Close

**Sermon Notes: Hebrews 12:1-3**

**Introduction:**

- The author concludes his discourse from chapter 11 with an exhortation to run.
- The author uses imagery of an athlete to make the point and the readers are encouraged to run a race of faith and to keep running the race of faith, despite the challenges they are encountering.

**The destination of the run**

Verse 1a:

- A future city, whose architect and builder is God. One were God would dwell with his people, and even if his people died, they believed that God is Lord of the living, which means they had faith that God would raise their bones from the dead, a resurrection.
- So this is the race the readers were running, that we are running now, it's a race based on belief or faith, towards a future city, that God will prepare, and where we will enjoy Him forever in our new resurrected bodies.

**Throw off what holds you back**

Verse 1b: Sin that so easily entangles

- As we run this race of faith, we are instructed to throw off sin, and how so easily it entangles as the author describes. We can't run the race of faith towards this future, if we are running with sin. I love this imagery the author uses here, sin entangles, we can't run with sin because sin entangles.
- We can't run a race of faith with sin, sin is not something we should be engaged with, is there sin in your life that you need to throw off?

Verse 1b: Throw off everything that hinders

- Do you see how this opens up whole new categories of things in our lives that are not sin. We know sin is a category that prevents us from running, in fact it can make us run in the wrong direction. But what are those categories that slow our run down or those categories that weigh us down, as the ESV translates?
- There so many other possibilities that could weigh us down, can you think of things that weigh you down, they may not be sinful, but are things that are holding you back from running your race with the Lord?

Verse 1c: And let us run with perseverance the race marked out for us

- The author also encourages us to run with perseverance. This is such a welcome encouragement here because we know that this run will be met with difficulties, delays towards the finish line in a sense, we may even fall at times to sin, but the author encourages us to keep running the race marked before us, which leads us into our last point.

### **The ultimate motivation to run**

Verse 2a:

- Our motivation to run is achieved and sustained by fixing our eyes on Jesus, the pioneer (or founder or author) and perfecter (or completer or finisher) of our faith.
- Jesus is the pioneer (or founder or author) of our faith in that he laid the foundation for our faith as he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
- Jesus is the perfecter (or completer or finisher) of our faith, not only because he ran the perfect earthly race, trusting in his Father at all times, but because he is the finisher of **our faith**.

Verse 2b:

- What motivated Jesus to run with endurance? Verse 2b, For the joy set before him...
- Notice it was joy set before him, or in front of him, meaning it was a time in the future. Just like Abraham hoped for and Joseph, and so on, Jesus' joy that was set before him was this same future, and because His mission on earth was the hardest of all, He gets the ultimate position to sit down at the right hand of the throne of God in this future city.

Verse 3:

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

- How do we fix our eyes on him? By considering Jesus, his life, death, and resurrection.
- The readers were struggling mid-course in their race of faith, the author is saying, keep going, keep running.
- It's a race that has been marked before us, a race marked before has trail markers, and I think the author is helping us see those trail markers have been laid by Jesus, he finished the race.
- Keep going, keep running, it will be a fight, but a good fight, as you pass each trail marker, remember you're one step closer to that finish line, where Jesus is waiting for you.

Look at Paul, a fellow runner of the race of faith, who describes what the finish line looks like.

**7** I have fought the good fight, I have finished the race, I have kept the faith. **8** Now there is in store 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 longed for his appearing.

