Introduction

The Christian life is like a race.

Paul used this metaphor frequently.

- I Corinthians 9:24 – “Run in such a way as to get the prize.”
- Galatians 2:2 – He checked himself, “for fear that I was running or had run my race in vain.”
- Acts 20:24 – “I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me – the task of testifying to the gospel of God’s grace.”
- II Timothy 4:7 – “I have fought the good fight, I have finished the race, I have kept the faith.”

So it is not surprising that we would also find this same metaphor in Hebrews.

How do we run this race well?

I. Preparation. Verse 1

The writer of Hebrews pictures us running this race in a great amphitheater surrounded by a great cloud of witnesses.

These witnesses are those who have gone before us.

The word for witness is martyr.

You can’t just show up and run a marathon. It requires preparation.

We need to throw off everything that hinders.

For the Christian, there are things that can hinder us that are not sinful in themselves.

- Possessions – our stuff.
- Hobbies, sports, TV, recreation.

We also need to throw off the sin that so easily entangles us – a besetting sin.

- The love of money.
- The love of the world.
- Addictions
- Anger, lust, pride, gossip, lying, self-centeredness.

What is the sin that you struggle with the most?
II. Perseverance. Verse 1b

It requires determination, courage, discipline and endurance.

Running a marathon is not easy.

We are to run the race marked out for us.

It is different for each of us by God’s design.

How will we use what we have been given for God’s glory?

III. Perspective. Verses 2-3

So much of our attitude toward life is based on our perspective.

- Do we look at what we have and give thanks?
- Do we look at what we don’t have and feel cheated or disappointed?

Fix your eyes on Jesus.

- He is the author and perfecter of our faith.

Consider how he ran his race and follow his example.

- He endured the cross and he scorned the humiliation and shame.
- He did it because of the joy set before him.

Look to Jesus so that you will not grow weary and lose heart.

Conclusion

Where are you in your race?

Run hard for the glory of God.

- Throw off everything that hinders.
- Run with perseverance.
- Run with your eyes fixed on Jesus.