

Hebrews 12:1-2

3 Helps For Being A More Consistent Disciple Of Jesus



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

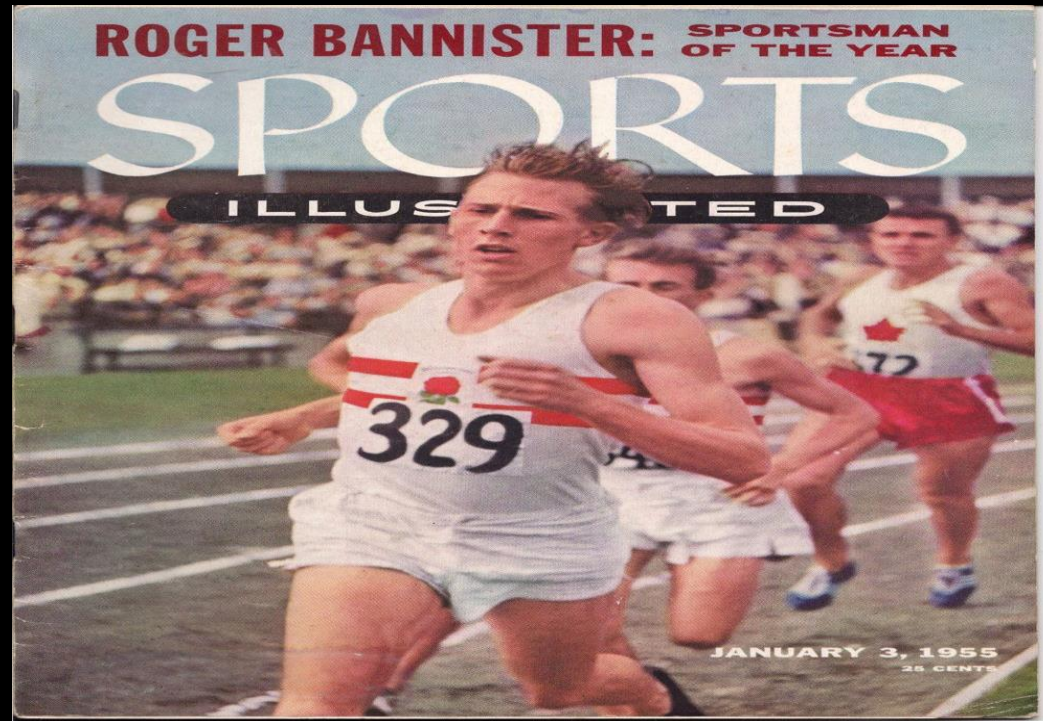
Context/Background

- Author: Unknown (Written AD 64-65)
- Audience: Jewish communities who being persecuted
- Major Theme: Jesus is better!
- Key Topic: Believers can continue to follow Jesus despite challenges and hardship

Knowing The Encouragements That Motivate Us

- (v. 1a) Author compares living the Christian life with running a marathon
- “cloud of witnesses” – those described in Chapter 11 who despite imperfections and hardships, continued to follow Jesus and overcame to experience victory
- “witnesses” – Lit. “martyrs” Author’s point is not that these are watching us, but that we are to learn from them

- Rom. 15:4, “For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.”
- 2 Tim. 3:16, “All Scripture is given by inspiration of God,…”



Applying The Essentials That Unhinder Us

- (v. 1b-c) Just like grueling marathon, Christian life requires focus, discipline, and effort
- “lay aside every weight” – “to put off and away” Victory is achieved by not being unduly weighed down (anything that drains or takes away from strong relationship with Jesus)
- “sin that ensnares” – picture of runner who runs in long, formal robe; this would wrap up legs and feet

- 2 Tim. 2:3, “You therefore must endure hardship as a good soldier of Jesus Christ.”
- Rom. 8:18, “For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.”



Focusing On The Example That Guides Us

- (v. 2) Greatest help of all is keeping our eyes on Jesus and learning about and from Him
- “looking” – to view with undivided attention by turning away from other things
- “author and finisher” – originator and completer; one who brings into existence and sees to completion
- Jesus ran “race” of suffering on Cross because of what it would accomplish: glorify Father, fulfill His will, and save us

- I Peter 2:21, “For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps:...”
- I Corinthians 11:1, “(Paul) Imitate me, just as I imitate Christ.”



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)