

A BRAND-NEW SERIES BY DR. ROBERT JEFFRESS

SPIRITUAL FITNESS

STRENGTHENING YOUR FAITH IN TROUBLED TIMES

A STUDY OF HEBREWS 11-13

SPIRITUAL AEROBICS

HEBREWS 12:1-3

OCTOBER 4, 2020

Introduction: The stories recounted in Hebrews 11 of great men and women of faith were not written to provide us with biographical information but with spiritual motivation to obey God regardless of the headwinds of adversity we may face.

Two Similarities Between the Christian Life and a Race

1. The participants require **endurance**.
2. Only the winners receive a **reward**.

Hebrews 12:1-3 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.”

I. **Remember Our Heroes** (Hebrews 12:1)

Hebrews 12:1 “Therefore since we have so great a cloud of witnesses surrounding us...”

II. **Remove Our Obstacles** (Hebrews 12:1)

Hebrews 12:1 “...let us also lay aside every encumbrance and the sin which so easily entangles us...”

The Difference Between a Sin and an Encumbrance

A sin is something that **trips** you up in your relationship with God.

An encumbrance is something that **weighs** you down in your relationship with God.

The Person God Uses

- He has but one great **purpose** in life.
- He has placed himself absolutely at God's **disposal**.
- He has learned to prevail in **prayer**.
- He is a student of the **Bible**.
- He is a vital **message** for a lost world.
- He is a man of faith who expects **results**.
- He works in the anointing of the **Spirit**.
- He, by God's grace, has removed every **hindrance** from his life.

III. **Redirect Our Focus** (Hebrews 12:2-3)

Hebrews 12:2-3 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.”

Conclusion