

# Life is a race Heb 12



# Vs 1 Endurance race

- Lay aside weights
  - Mar 4:19 and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.
  - Mat 6:25-34 worry and strive like the Gentiles (nations)
  - Our desires (AIDA – attention, interest, desire, action) Satan desires – if it is against God's will. Even that which is good can prevent us from serving God.

# Vs 2 Looking unto Jesus

- Keep eye on the finish line – 1Pe 1:9 now that you are receiving the goal of your faith, the salvation of your souls.
- Jesus – Col 1:18 firstborn from the dead, endured pain of the cross, despised or disregarded the shame of it – sat down as victor at the right hand of God

# Vs 3,4 Consider further:

- Endured hostilities as a choice – Mat 5:10  
Blessed are those who are persecuted because of righteousness...
- Lest your 'psuche' breath, mind, soul weakens or tires out Jam 5:15 (sick), Rev 2:3
- Could be worse – as the adversary sees you making progress, will persecution decrease?
- Bloodshed in fight against sin – 2Co 10:4  
weapons aren't carnal, but opponents still use them against us

# Vs 5,6 Forgetful runners

- Exhortation is “don't despise or be discouraged by discipline!” Jesus says: Do you want to give up and go away? Peter said: To whom shall we go? You have the Words of life John 6:68
- 1Pe 4:12 Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.
- The God who loves, knows what you feel and what you need.

# Vs 7 If you endure

- Endurance is needed for the discipline, not the race. Everyone will reach the end of life, but will you enter God's race and endure the discipline?
- Entering the race is not the same as winning a crown. You may quit at any time. God will attempt to call you back for awhile. The Laodiceans were still loved and disciplined by God even though they were making Him sick. Rev 3:19 Those I love, I rebuke and discipline. Therefore be earnest and repent.



# Vs 8 If you ignore God's discipline

- The illegitimate ones get angry, mock and scoff at God's discipline which comes by:
- Using scripture as a mirror 2Co 13:5 Examine yourselves to see whether you are in the faith; test yourselves
- Submitting to admonishment by brethren using the scriptures. See Paul's confidence of the Roman brethren in Rom 15:14

# Vs 9,10 Compare God to your own father

- Which one receives more honor from the children? Father of flesh or father of spirit?
- Which one does a better job of discipline?
- Which one never quits?
- Which one has the better ability?
- Which one truly profits the child?
- We may partake of holiness with discipline from God

# Vs 11 Nature of discipline

- Just like yucky medicine – hold your nose and swallow! It's grievous, but Oh those benefits!
- Peaceable fruit of righteousness – Paul before governor Felix Act 24:25 As Paul expounded on righteousness, self-control, and the coming judgment, Felix became frightened and said,
  - Was Felix frightened because of the judgment and because he had no discipline? Rom 14:12 So then, each of us will give an account of ourselves to God. Felix was to be judged in the race and he couldn't even run.

# Vs 12,13 Strengthen what?

- Hands, knees, feet, heal the lame
  - These represent what we need to run with endurance. What goes lame in a spiritual race? The mind! Our thoughts betray us – we start well and then fail in follow through in our actions. We intend to serve, but are distracted so easily. Gal 5:7 You were running well. Who hindered you from obeying the truth?
  - The Galatians were distracted from the true Gospel
- Straight paths for feet – prevents lameness

# Vs 14-17 Race is a team event. Avoid distractions with teammates

- Pursue peace – Rom 12:17 Do not repay anyone evil for evil. Avoid appearances of evil by wisdom of God.
  - Can't always be done Mt 12:10
- Look for stragglers – they are falling short of God's grace (discipline) – not God's fault, theirs. Their lack may influence others.
- Remember Esau who was profane (common, base, or low minded, not spiritual minded)
  - He sorely wanted to be a winner, but was a loser due to lack of discipline. Jacob helped!

# Paul coaches Timothy

- Paul's preacher training manual
- So Timothy (evangelists) can train us.

# 2Tim 2 Paul trains Timothy

- 2:3 As a good soldier of Christ
- 2:4 Make wise choices how much of yourself you devote to worldly pursuits – career, jobs, politics, military, farming, sports, education, etc
  - Paul advised undistracted service to God, even to the point of remaining single in view of distressing conditions 1Co 7:26.
- 2:5 God's race is the only game in town – He makes the rules. If you're not in His race on His terms, nothing else matters.

# 2Ti 2:6 Farming

- Consider: farmers are the first to eat their crop
- Preaching is farming, preachers eat first!
- The crop is souls that in turn feed the preacher
- Farming is a lost art for most people
  - #1 It is hard work – Gen 3:17-19 cursed ground
  - At least you can eat!

# 2Ti 2:7-10

- Consider: a spiritual reality, not just physical
- Suffering chains for Gospel sake is a good bargain
- Suffering for saints to obtain salvation is smart
- No price too dear for the gospel or for a sinner to hear it
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# 2Ti 2:11-13

- Trustworthy saying:
- If we die = we shall live
- If we endure = we will reign
- If we deny Him = He will deny us
- If we are faithless to Him = He is faithful to Himself, can't deny Himself (no compromise)

# 2Ti 2:15

- Diligence, discipline
- No shame for the worker
- Who properly sorts out God's Word
  - “cuts straight” Strong's 3718 “ortho-tomeo”
  - Heb 12:13 straight paths 3717 “ortho”

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# 2Ti 3:10-13

- Timothy followed the plan (Phs 3:17 follow godly examples)
- Involves taking risk in manners of speech and living
- Guaranteed to bring persecution, but with God's deliverance. (did God deliver martyrs?)
- God permits rebellion in this lifetime. Just as God allowed nations to test Israel. Deu 2:21, 22

# 2Ti 3:14-17

- Timothy was on the narrow and difficult path.
- He started as a child and maintained his focus
- On the Word of God – for doctrine, reproof, correction, instruction
- He became a man of God; complete and able
  - Seasoned soldier, capable runner, wise farmer