

“Run the Race”

Heb. 12:1-3

Introduction

- I. The life of a Christian has been likened to different things.
- II. One of those things is a race (Heb. 12:1-3; 1 Cor. 9:24-27).
- III. Races were very popular in the first century (sometimes drawing crowds in the thousands).

Discussion

- I. In races, there are rules that must be observed in order to win (2 Tim. 2:5; cf. Luke 13:24).
 - A. Psm. 119:32.
 - B. It should be that all go by the “same rule” (Phil. 3:16-17; 2 Tim. 3:15-17; 4:2-8).
- II. There must also be a race track.
 - A. There is a “new and living way” (Heb. 10:19-20; cf. Isa. 35:8).
 - B. It is a “strait and narrow way” (Matt. 7:13-14).
 - C. Jesus is the “way” (John 14:6).
 - D. One cannot run the track without entering it first (Rom. 6:3; Gal. 3:26-27).
 - E. One must “abide” in the way [stay in bounds] (John 15:4; Col. 2:6; Rev. 14:13).
- III. Preparation is required beforehand.
 - A. Training builds strength (Psm. 19:5; Acts 20:32; 1 Cor. 16:13; Eph. 6:10).
 - B. The race that the Christian runs is one that needs endurance (Matt. 24:13; Eccl. 9:11; Rev. 2:10).
 - C. All hindrances need to be removed that will cause the runner to fail (Heb. 12:1-2; Matt. 11:28-30; 1 Pet. 5:7).
- IV. Once the race has started, there are keys to running effectively.
 - A. Get as quick a start as possible (Eccl. 12:1-2; 2 Cor. 6:2).
 - B. Temperance (1 Cor. 9:24-27).
 - C. Keep your eyes on the Lord (Heb. 12:2).
 - D. Give all that you have (1 Cor. 9:24-25; Gal. 2:2; Phil. 2:16; Acts 20:24).
 - E. Do not let anything make you quit (Gal. 5:7; 6:7-8; Heb. 12:1-2; 2 Tim. 4:7-8).

Conclusion

- I. Are you in the race?
- II. How are you doing?
- III. Keep on running!