

**Welcome to Promise Land Bible Church**  
**We're glad you're here!**



# Living For Jesus

## Hymn 462



# Jesus I Come

## Hymn 401





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# Praise and Prayer Request

All Prayer request can be e-mail to:

[plbiblechurch@gmail.com](mailto:plbiblechurch@gmail.com)

***We would love to pray for God's will to be done  
your life and for His Name to be glorified in and  
through you, as you seek His Holy Face!***





# Call to Worship

## Psalm 1

**Psalm 1** Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish.

# Tis so Sweet to Trust in Jesus

## Hymn 91





# He Hideth My Soul

## Hymn 120



# Receiving of the Offering



**An offering for the Church can be mailed to:  
Promise Land Bible Church  
PO Box 1437  
Mountain Home, AR 72653**

# ***Famous Quote:***

*“I would think it a greater happiness to gain one soul to Christ than mountains of silver and gold to myself.”*

**MATTHEW HENRY**



An open book is shown from a low angle, looking up at the pages. The pages are filled with small, dense text, likely a Bible. The book is set against a bright blue sky with wispy white clouds. The text is overlaid in the center of the book's pages.

**Today's Message**

**“Do Not Grow Weary”**  
*(Stay in the running)*

**Scripture text: Hebrews 12**

# STAY IN THE RUNNING!

## *Hebrews 12*

If the Apostle Paul were alive today, he would probably read the sports pages of the newspaper and follow the progress of various teams and athletes. Why? Because several athletic references in his letters indicate his interest in sports. Of course, both the Greeks and the Romans were keenly interested in athletic contests, **not only for their physical well-being, but also for the honor of their towns and countries.** It was a patriotic thing to be a good athlete and **to bring glory to your country.**

The writer of Hebrews combined these two themes of **athletics and citizenship in this important twelfth chapter**. The atmosphere is that of the footraces in the arena. We can see the runners laying aside their training weights and striving to run their races successfully. **Some get weary and faint, while others endure to the end and win the prize**. First the writer pictures the race (Heb. 12:1–13), and then emphasizes citizenship in the heavenly city (Heb. 12:14–29). In the minds of his readers, these two themes would go together; for no one could take part in the official games unless he was a citizen of the nation.



The one theme that runs through this chapter is **endurance** (*Heb. 12:1* [“patience”], 2–3, 7; also see *10:32, 36* [“patience”]).

**Hebrews 12:1** Therefore, since we are surrounded by so great a cloud of witnesses, **let us also lay aside every weight, and sin** which clings so closely, and **let us run with endurance the race that is set before us,**

**The Jewish believers who received this letter were getting weary and wanted to give up; but the writer encouraged them to keep moving forward in their Christian lives, like runners on a track.**

**Philippians 3:12-17** Not that I have already obtained this or am already perfect, but **I press on to make it my own, because Christ Jesus has made me his own.** Brothers, I do not consider that I have made it my own. **But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.** Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. **Only let us hold true to what we have attained.** Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us.

He pointed out **three divine resources** that encourage a Christian to **keep going when the situation is difficult.**

### **1. The Example of the Son of God.**

*a) Look around at the winners; b) Look at Yourself; c) Look at Jesus Christ.*

### **2. The Assurance of the Love of God.**

*a) The Scripture; b) Personal Experience; c) The Blessed Results*

### **3. The Enablement of God's Grace.**

*a) Look back – bad example of Esau; b) Look Up – the glory of the Heavenly City; c) Look Ahead – the Unshakeable kingdom.*



When I was in high school, I had a coach who felt it his duty to make an athlete out of me.

Coach used several techniques to get me to do my best. **“Other students have done it, and so can you!”** was one of his encouragements. **“Just think of what it will do for you physically!”** was another. **“Now, watch the other kids—see how they do it!”** was a third.

As I reflect on this experience, I am amazed to **discover that these same three approaches are used in this paragraph**, to encourage us in the Christian race.

## **Look around at the winners! (v. 1a)**

The “great ... cloud [assembly, mass] of witnesses” was introduced to us in Hebrews 11. **They are the heroes of the faith.** It is not suggested here that these men and women now in heaven are watching us as we run the race, like people seated in a stadium. **The word “witnesses” does not mean “spectators.”** Our English word “martyr” comes directly from the Greek word translated “witness.” These people are not witnessing what we are doing; rather, **they are bearing witness to us that God can see us through.** God bore witness to them (Heb. 11:2, 4–5, 39) and **they are bearing witness now to us.**

**Hebrews 11:2-5** For by it **the people of old received their commendation.** By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible. **By faith** Abel offered to God a more acceptable sacrifice than Cain, **through which he was commended as righteous,** God commending him by accepting his gifts. And **through his faith, though he died, he still speaks.** **By faith Enoch** was taken up so that he should not see death, and he was not found, **because God had taken him. Now before he was taken he was commended as having pleased God.**

A professing Christian was told me: “I rarely read the Old Testament, except for Psalms and Proverbs,”.

“Then you are missing a great deal of spiritual help,” I replied. I asked him to open to Romans 15:4 and read the verse aloud.

***Romans 15:4 For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.***



I then explained that “patience” means “endurance,” and that “comfort” means “encouragement.” One of the best ways to develop endurance and encouragement **is to get to know the godly men and women of the Old Testament who ran the race and won.**

If you are having problems with your family, read about Joseph.

If you think your job is too big for you, study the life of Moses.

If you are tempted to retaliate, see how David handled this problem.

## **Look at yourself! (v. 1b)**

**Athletes used to wear training weights to help them prepare for the events.** No athlete would actually participate wearing the weights because they would slow him down. (The modern analogy is a baseball player who swings a bat with a heavy metal collar on it before he steps to the plate.) **Too much weight would tax one's endurance.**

What are the “weights” that we should remove so that we might win the race? **Everything that hinders our progress.** They might even be “good things” in the eyes of others.

A winning athlete does not choose between the good and the bad; **he chooses between the better and the best.**

We should also get rid of “the sin that so easily entangles” (Heb. 12:1 NIV).

**While he does not name any specific sin, the writer was probably referring to the sin of unbelief. It was unbelief that kept Israel out of the Promised Land, and it is **unbelief that hinders us from entering into our spiritual inheritance in Christ**. The phrase “by faith” (or “through faith”) is used twenty-one times in Hebrews 11, indicating **that it is faith in Christ that enables us to endure**.**

## **Look at Jesus Christ! (vv. 2–4)**

He is “the author [originator] and finisher of our faith.” It was in “looking to Him” that we were saved, for to look means “**to trust.**” When the dying Jews looked to the uplifted serpent, they were healed; and **this is an illustration of our salvation through faith in Christ** (Num. 21:4–9; John 3:14–16).

**John 3:14-16** And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that **whoever believes in him may have eternal life.**

"For God so loved the world, that he gave his only Son, that **whoever believes in him should not perish but have eternal life.**

**Numbers 21:6-9** Then the LORD sent fiery serpents among the people, and **they bit the people**, so that many people of Israel died. And the people came to Moses and said, "**We have sinned, for we have spoken against the LORD and against you.** Pray to the LORD, that he take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a fiery serpent and set it on a pole, and everyone who is bitten, **when he sees it, shall live.**" So Moses made a bronze serpent and set it on a pole. And if a serpent bit anyone, **he would look at the bronze serpent and live.**



**“Looking unto Jesus” describes an attitude of faith and not just a single act.**

When our Lord was here on earth, **He lived by faith.** The mystery of His divine and human natures is too profound for us to understand fully, but we do know that **He had to trust His Father in heaven as He lived day by day.**

The writer of Hebrews quoted our Lord saying, “I will put My trust in Him” (Heb. 2:13). (The quotation is from Isa. 8:17.) **The fact that Jesus prayed is evidence that He lived by faith.**

# Take the Name of Jesus with You

## Hymn 231

