

Hebrews 12:1-4

Stay in the Running!

1. The writer of Hebrews combined the two themes of _____ and _____ in this twelfth chapter.
2. First, the writer pictures the _____ (Heb. 12:1–13), and then emphasizes _____ in the heavenly city (Heb. 12:14–29).
3. In the minds of his readers, these two themes would go together; for no one could take _____ in the official games unless he was a _____ of the nation.
4. The one theme that runs through this chapter is _____.
5. The Jewish believers who received this letter were getting _____ and wanted to _____; but the writer encouraged them to keep moving _____ in their Christian lives, like _____ on a track (see Phil. 3:12–14).
6. He pointed out three divine _____ that encourage a Christian to keep going when the situation is _____.
7. Resource #1: The example of the _____ of _____ (Heb. 12:1–4)
8. Look around at the _____! (v. 1a) The “great ... cloud [assembly, mass] of witnesses” was introduced to us in Hebrews 11. They are the _____ of the _____.
9. It is not suggested here that these men and women now in heaven are _____ us as we run the race, like people seated in a stadium. The word “witnesses” does not mean “_____.”
10. Our English word “_____” comes directly from the Greek word translated “_____.”
11. These people are not witnessing what we are _____; rather, they are _____ witness to us that God can see us _____.
12. God bore witness to _____ (Heb. 11:2, 4–5, 39) and they are bearing witness now to _____.
13. Some people do not want to read the _____ Testament--only the _____ Testament. However, the Old Testament scriptures still have their _____. They _____ us and give us _____ and _____ as we await the fulfillment of God’s promises (Romans 15:4).

14. One of the best ways to develop _____ and _____ is to get to know the _____ men and women of the Old Testament who ran the race and won.
15. If you are having problems with your family, read about _____.
16. If you think your job is too big for you, study the life of _____.
17. If you are tempted to retaliate, see how _____ handled this problem.
18. Look at _____! (v. 1b)
19. Athletes used to wear training _____ to help them prepare for the events. No athlete would participate wearing the weights because they would _____ him down.
20. A baseball player who practices swinging a bat with a _____ metal collar will remove it _____ he steps to the plate.
21. What are the “weights” we should _____ so we can win the race? Everything that hinders our _____.
22. A winning athlete does not choose between the _____ and the _____; he chooses between the _____ and the _____.
23. We should also get rid of “the _____ that so easily _____ us up” (Heb. 12:1, NLT).
24. The sin of _____ kept Israel out of the Promised Land, and it is unbelief that _____ us from entering our spiritual inheritance in Christ.
25. The phrase “by faith” (or “through faith”) is used _____ times in Hebrews 11, indicating that it is faith in Christ that enables us to _____.
26. Look at _____! (vv. 2–4) He is “the _____ [originator] and _____ of our faith.”
27. It was in “looking to Him” that we were _____, for to look means “to _____.”
28. When the _____ Jews looked to the uplifted serpent, they were _____; and this is an illustration of our salvation through faith in Christ (Num. 21:4–9; John 3:14–16).
29. “Looking unto Jesus” describes an _____ of faith and not just a _____ act.