

- **The Negative Imperatives (“Putting Off”) of Hebrews 12:1**

1. We must lay aside every weight. This impedes those things which are not in and of themselves salutary (Mark 4:18-19, I Corinthians 10:23, I Timothy 4:1-5) but can become a hindrance to our running our race weightlessly. Just because it is “a hindrance for Christ” does not mean it will always advance my goal of running towards Jesus Christ and his glory. A simple litmus test: “Do I have to have this, or can I live without it?” (Luke 9:23-24, Matthew 10:37).
2. We must lay aside sin which clings so closely. A literal translation is sin which “sticks well attached.” Some translate it sin which easily binds or entangles. This may refer to our sensual sins or to intellectual sins. Either way, it is true that all believers still must fight their own natural and personal sins. Further it is true that dense sins entangle dense saints to dense degrees. “We must remember that Jesus came to save us, that is to save us from, from sin” (I Thessalonians 4:1-7, Titus 2:11-14).
3. As always, putting off requires putting on, so lay to Jesus with whom you are united as you forsake what hinders your endurance (Hebrews 12:2, Romans 13:14) .

- **Looking to Jesus**

1. He is the fulfillment or accomplishment of our faith (Acts 3:15, Acts 5:31, Hebrews 2:10). “It denotes a person whose actions create a new situation for those who belong to him. By accomplishing a particular feat he guarantees that they will share in its results.”

2. He is the p_____ of our faith. “He is the one who perfectly exercised and exemplified persevering faith” (Isaiah 53:3 and 11, Philippians 2:5-11).
- **Three Questions We must Ask**
 1. Am I willing to r_____ s_____ to the point of shedding my blood? (Hebrews 12:3-4, Luke 14:33)
 2. Am I remembering the encouragements Scripture gives me? (Hebrews 12:5-6, Proverbs 3:11-12, Psalm 94:12-16) “Everything that takes place in the life of the Christian is an element in the heavenly father’s program of child-rearing. Every hardship is therefore an evidence of my spiritual legitimacy.”
 3. Am I convinced that without holiness no one will see the Lord? (Hebrews 12:10 and 14) Remember our first blueprint p_____ and p_____. “You s_____ be holy for I am holy.” (I Peter 1:16).