

REAL FOCUS

Hebrews 12:1-2

Quick Facts about Hebrews:

- Author = ?
- Exposition, then exhortation pattern of Hebrews
- This verse also has a chiastic poetic structure (repeating itself in reverse around a central idea or truth)

Chiastic Poetic Structure

"Therefore,

[A] since we are surrounded by so great a cloud of witnesses,

[B] let us also lay aside every weight, and sin which clings so closely,

[C] and let us run with endurance

[D] the race that is set before us,

[E] looking to Jesus, the founder and perfecter of our faith,

[D'] who for the joy that was set before Him

[C'] endured the cross,

[B'] despising the shame,

[A'] and is seated at the right hand of the throne of God."

*An intent focus on Jesus is the only
way to run your life's race well.*

1. Rid yourself

- Weights and Sin
 - Weight – obstacle or encumbrance
 - Gk. – “ogkos” – protuberance – tumor, swelling, excess growth
 - Something extra or superfluous to our true need
- Sin
 - Sin is always wrong
 - Will trip, slow, and hinder you

2. Run well

- Life is a marathon, not a sprint
- The trials of this life help produce endurance in us (James 1:2-4)

3. Remain focused

- “looking to” – Gk. “aphorontes” – literally, looking from afar
- historical meaning is “the concentration of a wandering gaze on a single point”
- Jesus gives the perfect example

*An intent focus on Jesus is the only
way to run your life's race well.*

Let's Apply It

- What is something in my life that is slowing my spiritual growth and needs to be cast off?
- Why does ridding myself of “weights” of this life feel harder than ridding myself of sin?
- What promises of God can I cling to when I feel my endurance weakening?
- Why is it so important for the focus of my life to be Jesus rather than other things that want my attention?
- What do we learn from Jesus' example about focus, endurance, and casting off?