

# Look to Jesus

## Bible Lesson: Hebrews 12:1-3

### NEW WORDS

witnesses	encumbrance
entangles	author
perfecter	manner
reputation	common
distracted	racecourse

What kinds of sin are hard for you to stay away from? Is it eating the forbidden cookie in the cookie jar? Is it lying when you know that telling the truth may get you into trouble? Or is it complaining about things that don't go your way?

All sin is evil. All sin can destroy. And yet sin can become so *common* to you that you don't even know it is in your heart. When this happens, sin does much damage to your soul.

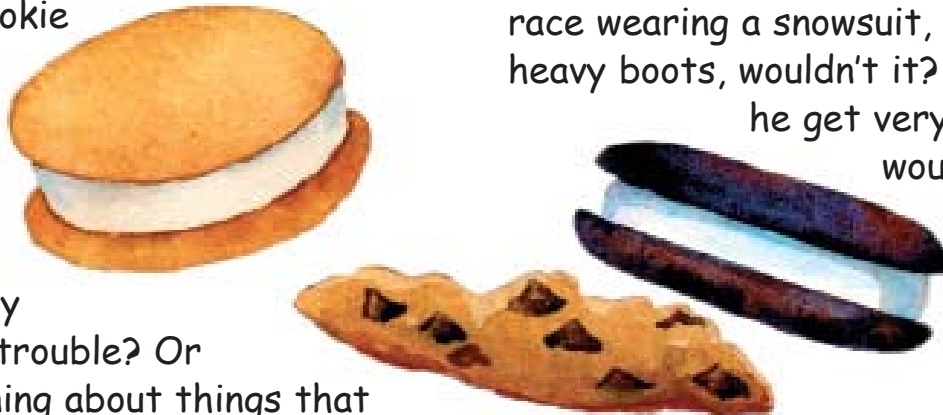
Hebrews 12:1-3 gives us a picture of a race. We can imagine a runner speeding down a track. The people in the stands are cheering. The runner's eyes are staring straight ahead at the

finish line. If the runner gets *distracted* and starts looking around, he will lose time and maybe even lose the race. He is hot and tired and sweaty, but he keeps going toward the goal.

When runners are in a race, they wear tennis shoes and lightweight clothing that won't get in their way. It would be foolish for a runner to try to race wearing a snowsuit, mask, and heavy boots, wouldn't it? Not only would he get very hot, but he would also be much slower.

The Bible tells us that Christians are like runners.

Our earthly life is the *racecourse*, and the finish line is heaven. We are to keep our eyes on the finish line. We are to keep looking towards Jesus and to heaven. But sometimes we may get distracted from the race. We may take our eyes off Jesus and allow sin to slow us down in the race. We may become so entangled in that sin that we stumble and fall.





Just like the runner in a snowsuit and heavy boots, our sin weighs us down. It causes us to stumble. It causes us to take our eyes off Jesus and to look at ourselves instead. Then we think that sneaking a cookie is not wrong as long as no one sees us. We may pout or act selfishly when we don't get what we want, because we think we are not treated fairly. Letting sin entangle our hearts damages our soul. Sin turns us away from Jesus and may prevent us from reaching the finish line of heaven.

But God does not want it to be this way. Remember, God is our Deliverer! God desires to rescue us from sin. Instead of letting sin trap us, we pray that God will keep us away from sin. When we pray the Seventh Petition, "But deliver us from evil," we pray that God will keep sin from entangling our hearts. We pray that He will help us to see the sins that have become so common to us that we do not even know they are there. We pray that God will help us keep our eyes on Jesus and on the finish line of heaven.

## Memory Verse

Therefore, since we have so great a cloud of *witnesses* surrounding us, let us also lay aside every *encumbrance*, and the sin which so easily *entangles* us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the *author* and *perfector* of faith. *Hebrews 12:1-2a*

**Enrichment Memory Verse:** *Philippians 3:13b-14*

What phrase best describes these KEY WORDS from Hebrews 12:1-2? Write the letter in the blank.

- |                                       |                                            |
|---------------------------------------|--------------------------------------------|
| _____1. lay aside every encumbrance   | a. even when we are tired, keep on running |
| _____2. sin which entagles us         | b. Jesus                                   |
| _____3. run with endurance            | c. life on this earth                      |
| _____4. the race set before us        | d. saying and doing bad things             |
| _____5. author and perfector of faith | e. things that slow us down                |

Thinks abotu the lesson we read, and fill in the correct answers.

1. Life can be compared to running a \_\_\_\_\_.
2. When we are running, we need to keeo our eyes focused on \_\_\_\_\_.
3. At the end of the race, the finish line or prize is \_\_\_\_\_.

To avoid sin, what does the Bible say we should do about evil?

1. Psalm 34:14 \_\_\_\_\_ from evil, and do good.
2. Psalm 97:10 \_\_\_\_\_ evil, you who love the Lord.
3. Proverbs 8:13 The fear of the Lord is to \_\_\_\_\_ evil.
4. Proverbs 14:16 A wise man is cautious and \_\_\_\_\_ from evil.
5. II Timothy 2:22 \_\_\_\_\_ from youthful lusts.



**A  
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Explain how you can run the Christian race with endurance.

LEARN GOD'S WORD \_\_\_\_\_

\_\_\_\_\_

REPENT \_\_\_\_\_

\_\_\_\_\_

PRAY \_\_\_\_\_

\_\_\_\_\_

## The Seventh Petition: But Deliver Us From Evil

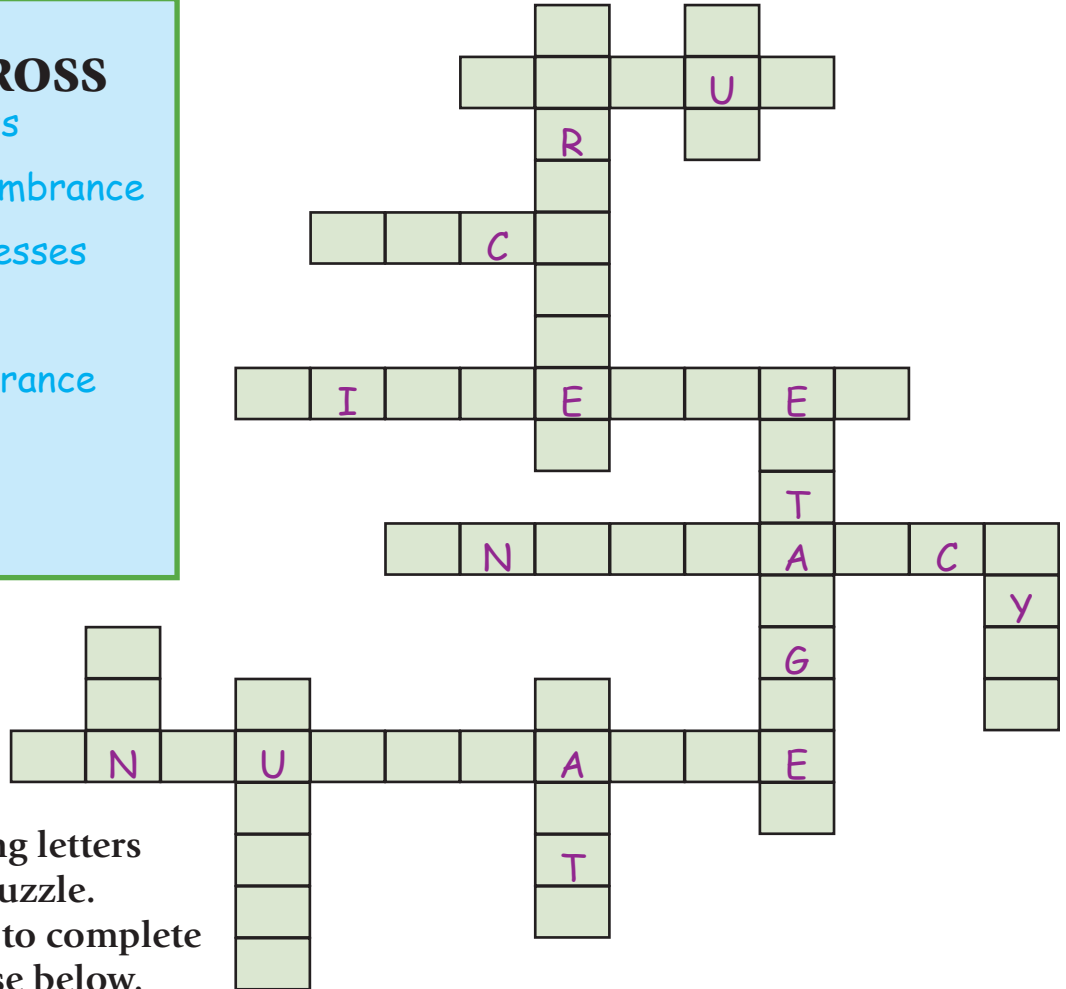
*What does this mean?* We pray in this petition, as in a summary, that our heavenly Father would deliver us from all *manner* of evil, whether it affect body or soul, property or *reputation* . . .

### DOWN

entangles  
faith  
author  
sin  
run  
eyes  
perfecter

### ACROSS

Jesus  
encumbrance  
witnesses  
race  
endurance



Fill in the missing letters of the word puzzle. Then use the words to complete the memory verse below.

Therefore, since we have so great a cloud of \_\_\_\_\_ surrounding us, let us also lay aside every \_\_\_\_\_, and the \_\_\_\_\_ which so easily \_\_\_\_\_ us, and let us \_\_\_\_\_ with \_\_\_\_\_ the \_\_\_\_\_ that is set before us, fixing our \_\_\_\_\_ on \_\_\_\_\_, the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_.

Hebrews 12:1-2a