

**Participants Together in the Race –
Hebrews 12:12-17**

The author of Hebrews has been challenging his readers to “run the race with endurance”. After a brief passage concerning the correction and chastening of the Lord, the writer returns with a second “therefore” (12) and returns to the metaphor of running the race. In these verses, he appears to be reminding us that we are to help one another in the race.

We are not in competition, but rather in partnership with one another in the Christian race. Let us do all we can to encourage and strengthen our brothers and sister in the Lord.

- **_____ the weak and feeble. (12) The KJV, “lift up the hands which hang down”.** When our arms grow tired our hands become weak and hang down. In running the race we will often become fatigued and tired; our hands will grow weak and our knees will become feeble. We need encouragement and strength from our brothers and sisters in Christ.

Marathon runners all talk about hitting a wall at some point in the race, the legs and knees grow weary, the body says stop, but those that finish find some inner strength and encouragement to keep on.

We can be that source of encouragement to others in the race! (*Exo 17:10 -13*)

- **_____ the crooked paths. (13).** When we focus upon Jesus as the object of our faith and keep our eyes upon him we will not be running around in circles. We will not be running aimlessly!

The closest distance between two points is always a straight line!

Question: If your spiritual footprints were visible like footprints in the sand or snow, what would they look like? Would it be easy to follow? Would it be clear where we are headed?

- **_____ is a process that we participate in. (14)** Verse 14 directs us to pursue or seek two things: peace and holiness.

Thayer’s dictionary: the Greek word “diōkō”(dee-o'-ko) means “to run swiftly in order to catch a person or thing, to run after or to press on: figuratively of one who in a race runs swiftly to reach the goal.

- **_____ for grace and _____ grace to others. (15-17)** One of the greatest Christian virtues is grace! We have experienced marvelous grace, grace greater than all our sin. We need to be gracious with our brothers and sisters in Christ as well.

Note: Bitterness is like poison ivy, it must be dug out all the way to the root! If not, it will continue to spring up and it will cause trouble.

Application:

How are you doing in the race?

How are you helping others in their race?

How gracious are you in dealing with others?