

Hebrews 12:1-4 (NASB) Teaching Notes

The author combines two themes in chapter 12: athleticism and citizenship:

- **12:1-13 – the race**
- **12:14-29 – citizenship in the heavenly city**

The primary focus is on endurance: vv.1,2,3,7

Three things that encourage us to endure:

- **12:1-4 – Example of the Son of God**
- **12:5-13 – Assurance of the Love of God**
- **12:14-29 – Enablement of God's Grace**

1 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,

• “**witnesses**” (μάρτυς) = not merely spectators, but those who also testify to the truth about faith, cf., *Rom. 15:4*.

• “**encumbrance**” (ὄγκος) = whatever is prominent, bulk, mass; hence a burden, weight. Cf., *Lk. 8:14; Lk. 21:34; 1 Tim. 6:9*

• “**entangles**” (εύπερίστατος) = skillfully surrounding, **2Tim.2:4**

• “**endurance**” (ὑπομονή) = in the NT the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings.

• “**race**” = *Phil.3:10-14; 2Tim.4:7*

2 **fixing our eyes** on Jesus, the **author** and **perfecter** of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

• “**fixing our eyes**” (ἀφοράω) = to turn the eyes away from other things and fix them on something. What happens when we take our eyes off Jesus? ... **Mt. 14:22-33**.

• “**author**” (ἀρχηγός) = one that takes the lead in any thing and thus affords an example, a predecessor in a matter, pioneer

• “**perfecter**” (τελειωτής) = finisher. Cf., **Phil.2:8-11**

3 For **consider** Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

• “**consider**” (ἀναλογίζομαι) = to think over, consider, ponder.

4 You have not yet resisted to the point of shedding blood in your **striving** against sin;

• “**striving**” (ἀνταγωνίζομαι) = Are we antagonistic to sin?