

Run With Endurance



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If you were going to run in a race that was 26 miles long, would you strap heavy weights to your legs and arms? No! Weights don't help you run fast. They only slow you down. Would stop and take a short nap every time you got tired? No, you wouldn't stop to rest. Even if you did get tired you would push yourself to keep on running.

This verse reminds us that living the Christian life is like running a long race. Sometimes it's hard to keep trusting and obeying Jesus day after day. Sometimes we want to stop or become lazy or we get side-tracked with other things. At times like these we need **endurance**, the strength to keep on living the Christian life. God will give us the endurance we need to keep following Jesus. He also gives two other things to help us.

First, God wants us to be encouraged by the **great cloud of witnesses** who have gone before us. These are the faithful believers of the past, like Noah, Abraham and Moses. These men believed God's promises and obeyed even when it was hard or it didn't make sense. We can learn from their example, knowing that they are cheering us on from Heaven, urging us to be faithful to the Lord in everything we say and do.

Second, God wants us to **lay aside every weight**. This means we must get rid of anything that keeps us from living fully for Jesus. We must get rid of sins for sure. But other things can get in the way, too. Think about the music you listen to. Does it make you want to love Jesus more, or does it make your love for him grow cold? What about the books you read, the movies you watch, or the video games you play? If these things are keeping you from following Jesus, then lay them aside because Jesus is the greatest treasure of all!