

**Dr. Selwyn Q. Bachus**  
**Run Your Race Part 2**  
**Hebrews 12:1-2**  
**September 4, 2016**

On August 21, we began a two part series entitled “Run Your Race.” We talked about the 2016 Olympic games and the amazement that surrounded the conditioning of the athletes, especially the runners. We also recalled the two central points of the message: persistence and perseverance.

As we continue with part 2, using the same biblical text, Hebrews 12:1-2, we realize that the life we live from day to day is nothing more than a race. We have our own race to run, therefore, we need not worry or complain about the race another person is running.

Each of us must listen to the instructions for running the race. We must lay aside and look.

**1. Learn How to Lay Aside**

The runners during the time of the text usually ran with little to no cloths, eliminating everything that served to hold them back from running. While we must lay aside the weight, we must also lay aside the sin that controls us. Said differently, anything that is not helping us is hurting us.

**A. We must lay aside our past** - Our past will weigh us down if we continue looking over our shoulder.

**B. Problems** - Some problems need to be laid at the altar, because some things we can't fix.

**C. Our Own Priorities** - Some things that look, smell, feel, and sound good have become our priorities rather than what God calls us to do.

**D. People** – There are people we need to lay aside and let them stand on their own. To continually try and redeem them will only drag you down. Turn them over to God.

**2. Lay Aside the Sin** - Sin can easily rap itself around the runner like a long garment or rope and becomes that which controls you. If it's easy for you to sin in certain areas of your life, let it go, because it's controlling you; you are not controlling it.

The first time you sinned, it may no have been your intention. But the last time you committed that sin, you meant to do it. And every time after the first time, the sin gets easier, this is why we must lay it aside. We've got to lay down the weight of the sin in our lives.

**3. Look** - We must change the object of our race from the Great Cloud of Witnesses to Jesus. We must *look* to Jesus who is the author and finisher of our faith. Look to Jesus - not the glorified Jesus, but the Jesus who died on the cross to take away our sin.

And so, if we are going to be victorious in the race of life, we must learn to run our race with patience and persistence, listening for the instructions for running, and we must learn to lay aside our sin and look to Jesus.