



Bethel Sonrise Sermon Notes – “Don’t Quit Now”

Speaker: Ps Preston Dobbins

Series: Jesus Is Better

Scripture: Hebrews 12

Main Idea

The Christian life is a race of endurance. Because Jesus is better, we can lay aside every weight, fix our eyes on Him, resist temptation, and faithfully finish the race God has set before us.

1. You Can Run the Race Too

Hebrews 12 begins by saying:

"Therefore, since we are surrounded by so great a cloud of witnesses..."

That word "**therefore**" points us back to Hebrews 11.

The men and women listed in the Hall of Faith were not spiritual superheroes. They were ordinary, broken people who trusted an extraordinary God.

They were carried by the Holy Spirit.

The same Holy Spirit now lives in every believer.

Because of that, the life of faith isn't reserved for a select few.

We can live by faith too.

The same God who empowered them empowers us today.

2. Lay Aside Every Weight

Hebrews doesn't only tell us to remove sin.

It tells us to remove **every weight**.

There is a difference.

Sin is anything God clearly calls wrong.

Weights are things that may be permissible but aren't beneficial because they distract us from Jesus.

Some examples may include:

- **Endless scrolling on social media.**

- **Pursuing career success above everything else.**
- **Habits that slowly dull our spiritual sensitivity.**
- **Even serving Jesus when ministry replaces intimacy with Him.**

Doing things *for* Jesus should never replace spending time *with* Jesus.

When we become distracted, we lose our stride.

And when we lose our stride, we become much more vulnerable to temptation.

3. Fix Your Eyes on Jesus

Endurance requires focus.

Hebrews tells us to keep our eyes fixed on Jesus, the Author and Perfecter of our faith.

Jesus endured the suffering of the cross because of the joy that was set before Him.

That joy was us.

He willingly endured the cross so that we could spend eternity with Him.

If Jesus stayed focused on His purpose, we are called to do the same.

Where we fix our eyes determines whether we endure or drift.

4. Run Toward the Right Reward

The race isn't simply about surviving.

It's about finishing well.

As believers, we are running toward something far greater than temporary success.

We are running toward:

- **Eternal life with Christ.**
- **A forever free from pain, sorrow, disappointment, and death.**
- **Hearing the words, "Well done, good and faithful servant."**

When our greatest desire becomes God's approval rather than people's approval, our priorities begin to change.

We stop living for temporary recognition and begin living for eternal reward.

5. Look for God's Way of Escape

Temptation is inevitable.

Giving in is not.

Scripture promises that God is faithful and always provides a way of escape.

Our responsibility is to look for it.

Sometimes we fail because we stop resisting before we reach the escape God has already provided.

Following Jesus requires intentional participation.

God supplies the strength.

We choose obedience.

As we actively pursue Him, He faithfully provides everything we need to endure.

Final Challenge

Don't quit now.

Lay aside every weight that's slowing you down.

Fix your eyes on Jesus and remember what you're running toward.

Choose God's approval over people's applause.

Look for His way of escape when temptation comes.

The same Spirit who empowered the heroes of Hebrews 11 lives in you today. Keep running with endurance, trusting that Jesus is faithful to help you finish well.

Discussion Questions

1. Ps Preston distinguished between **weights** and **sins**. What is one "weight" in your life that isn't necessarily sinful but may be slowing down your relationship with Jesus?
2. The sermon emphasized that the heroes of Hebrews 11 were ordinary people empowered by God's Spirit. How does that encourage your own faith journey?
3. Jesus endured the cross because of the joy set before Him. What are you currently focusing on, and how is that affecting your endurance in following Christ?
4. Ps Preston talked about living for God's approval rather than people's approval. What are some practical ways you can shift your focus toward hearing, "Well done, good and faithful servant"?
5. God promises to provide a way of escape from temptation. What are some practical ways you can become more intentional about recognizing and choosing God's escape route this week?