

**Perseverance vs A Discouraging World
Strength For A Long Walk
(Hebrews 12:1-3)**

Introduction

Plural Noun Proposition: There are six spiritual exercises that “those who have faith can do to the preserving of our soul.” (Hebrews 10:39)

- 1. Exercise Yourself to Run**
- 2. Exercise Yourself to Study Those Who Have Finished the Race
(Hebrews 12:1a)**
- 3. Exercise Yourself to Take Personal Responsibility for Your Own Christian Faith (Hebrews 12:1b)**
- 4. Exercise Yourself to Mortify Sin (Hebrews 12:1c)**
- 5. Exercise Yourself to Fix Your Eyes on Christ (Hebrews 12:2)**
- 6. Exercise Yourself to Dwell on Jesus’ Hostilities (Hebrews 12:3)**

How did Jesus endure?

- > He prayed often and much.
- > He entrusted Himself to the One who judges righteously. He believed in the sufficiency of Scripture.
- > He sought support from fellow believers (John 11:54 “there He stayed with His disciples.” He went away to pray and He took His disciples with Him and said to them “keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak. Again, He went away and prayed, saying the same words.” (Mark 14:38–39)

Conclusion

**“Therefore, my beloved brethren, be steadfast, immovable,
Always abounding in the work of the Lord, knowing that
Your toil is not in vain in the Lord.”
(1 Corinthians 15:58)**