



## **Take Heart**

Hebrews 12:1-3

10.06.2019

Ruthie Kim

### **Hebrews 12:1-3**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him, he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

“The easiest way to meet people turns out to be a really labor-intensive and uncertain way of getting relationships. While the

possibilities seem exciting at first, the effort, attention, patience, and resilience it requires can leave people frustrated and exhausted.”

- *The Rise of Dating App Fatigue*

### **Hebrews 12:1**

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

### **Hebrews 11:1-3**

Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

*The level of support and encouragement you see right now are not an accurate measure of who you have on your team.*

*There is a certain kind of community we're supposed to draw our energy from.*

### **Hebrews 12:1**

...let us throw off everything that hinders and the sin that so easily entangles.

*We keep bringing our old selves to the new thing.*

### **Hebrews 12:1**

...And let us run with perseverance the race marked out for us.

### **Hebrews 12:2-3**

...fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him, he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.