**Endured the Cross,**

**Despising the Shame**

*Hebrews 12:1-11*

Truths to help us run with endurance the race set before us

**I. Remember the great cloud of witnesses**

**Hebrews 12:1a**—*Therefore, since we have so great a cloud of witnesses surrounding us…*

1. The triumphs of faith
 **Hebrews 11: 1-2**—*Now faith is the assurance of things hoped for, the conviction of things not seen.* ***2****For by it the men of old gained approval.* ***3****By faith we understand that the worlds were prepared by the word of God, so that what is seen was not made out of things which are visible.*
2. By faith, these OT saints serve as examples

**Hebrews 11:6**—*And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.*

**II. Lay aside every encumbrance**

**Hebrews 12:1b**—*… let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us*

A. Put off the old self

B. Put on the cross

**Matthew 16:24-25**—*Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.* ***25****For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it.*

**Matthew 11:28-30**—*Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.*

**III. Fix our eyes on Jesus**

**Hebrews 12:2-4**—*fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart. You have not yet resisted to the point of shedding blood in your striving against sin*

A. The author and perfecter of faith

B. Despised the shame of the cross

Despised—thought little of

**1 Corinthians 1:26-27**—*For consider your calling, brethren, that there were not many wise according to the flesh, not many mighty, not many noble; but God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong*

He was…[[1]](#footnote-1)

* Abandoned by everyone
* Dragged out of the city
* Stripped naked
* Nailed to a tree
* Mocked
* Left to suffocate

C. For the joy set before Him

1. Sat down at the right hand of the throne of God

**Mark 16:19**—*So then, when the Lord Jesus had spoken to them, He was received up into heaven and sat down at the right hand of God.*

**Romans 8:34**—*who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.*

**Philippians 2:9-11**—*For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name,* ***10****so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth,* ***11****and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.*

2. *For consider Him who has endured such hostility*

**1 Corinthians 10-13**—*No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

**IV. Made sons and daughters**

**Hebrews 12:5-10**—*and you have forgotten the exhortation which is addressed to you as sons, “MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM; FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES.” It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline? But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons. Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live? For they disciplined us for a short time as seemed best to them…*

A. Through adoption into God’s family

B. Do not regard lightly the discipline of the Lord

**V. Disciplines for our good that we may share in His holiness**

**Hebrews 12:10-11**—*…but He disciplines us for our good, so that we may share His holiness. All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.*

1. Conforming us to the image of His son

**Romans 8:29**—*For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren;*

B. So that we would taking up our cross

**Hebrews 13:12-13**—*Therefore Jesus also, that He might sanctify the people through His own blood, suffered outside the gate. So, let us go out to Him outside the camp, bearing His reproach.*

C. Glorifying God and bearing fruit for His name sake

**John 15:8**—*My Father is glorified by this, that you bear much fruit, and so prove to be My disciples.*

1. *The Cross as an Instrument of Shame*, Dustin Folden [↑](#footnote-ref-1)