

Hope's Destination

Abounding Hope - Week 5

Hebrews 12:1-2

I. Lay aside every weight

A. Weight = onko - mass; bending; bulging; burden; hindrance; weight

B. Go all in with God. All or nothing. No turning back.

1. Mark 5:21-43

a) Both Jairus and the woman got to a place where they went all in with Jesus. They risked everything and completely trusted in only Him for what they needed.

2. Tony Evans - "Saying 'amen' on Sunday is not the same as living it on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday..."

a) John 14:21

b) John 15:1-4

(1) He purges the branches that are bearing fruit so that they can bear more fruit.

(2) Purge = get rid of something

(a) Do we trust God with the purging process?

(b) What if He asks us to let go of something that we don't want to let go of?

3. Weights that we might need to lay down...

a) Busyness, relationships, hobbies/passions, possessions, self-soothing activities (social media, excessive spending, etc), self indulgence, anxiousness, passivity (at home, at work, by your self), emotional baggage (anger, unforgiveness, fear, past trauma, victimized mentality)

(1) Anything that might hinder your walk with God, or stifle your faith.

b) Whether it is physical or emotional things that need to be cast down, if they hinder our walk with God then we are trusting in them too much and they are taking the place of God on some level.

C. Matt. 11:28 - Trade your burdens for His!

II. Get rid of the sin that trips us up

A. Hebrews 12:1 (AMP) "Therefore since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily and cleverly entangles us, let us run with endurance and active persistence the race that is set before us"

1. ESV - "...and sin which clings so closely..."

a) Tight and close entanglement. Something that we grow accustomed to and even become fond of.

(1) It's like a cancer that grows tentacles that interweaves itself into our heart and becomes a part of us.

B. Matt. 5:27-30

1. Vs. 28 - "...in his HEART..."

C. The Key to putting off sin is what you do with your mind. Romans 12:1-2

1. 2 Corinthians 7:9
 - a) Repentance = Metanoian - A change of mind, a change in the inner man
2. Romans 6:11-12 - "Consider yourself dead to sin..." In other words, think about your sinful nature as dead. That part you should not be coming back out of the grave! Don't even consider it as an option!
 - a) Galatians 5:16-25

III. Run with endurance

- A. Endurance = Ability to withstand hardship or adversity
 1. Hebrews 12:1 - Race = Agon - Struggle, fight; contest; effort; anxiety; conflict
- B. 2 Corin. 4:7-18
 1. Vs 16 (AMP) - "Therefore we do not become discouraged [spiritless, disappointed, or afraid]. Though our outer self is [progressively] wasting away, yet our inner self is being [progressively] renewed day by day."
 - a) We don't become discouraged or lose hope because grace is abounding in our lives to the glory of God (Verse 15)
 2. This is why we need Hope!
 - a) If we have no hope to draw us to the end we will quit at the first sign of hardship.
 3. Verse 17
 - a) Light = elaphros - light; insignificant; easy
 - b) weight = Baros - burden, weight; load; abundance; authority