

Endurance 堅持到底 Winning The Race

希伯來書 Heb 12:1-17

1. 'Fear not, for I have redeemed you.'

「不要害怕，因我與你同在」

Isaiah 43:1-7

賽43:1-7

2. 'You are my witnesses,' declares the LORD.

「耶和華說：你們是我的見證」

Isaiah 43:8-13

賽 43:8-13

3. 'I am the LORD... your King.'

「我是耶和華……是你們的君王。」

Isaiah 43:15

賽 43:15

4. 'See, I am doing a NEW thing!'

「看哪，我要做一件新事」

Isaiah 43:18-19

賽 43:18-19

5. 'I, even I, am He who blots out your transgressions.'

「惟有我為自己的緣故塗抹你的過犯」

Isaiah 43:22-28

賽 43:22-28

6. 'I will pour out my Spirit on your offspring.'

「我要將我的靈澆灌你的後裔」

Isaiah 44:3

賽 44:3

Hebrews 12:1-2

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

來 12:1-2

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，仰望為我們信心創始成終的耶穌。他因那擺在前面的喜樂，就輕看羞辱，忍受了十字架的苦難，便坐在神寶座的右邊。

A male athlete in a blue and red singlet with "RICHMOND" on it is celebrating at the finish line. He has his arms raised in a V-shape, pointing upwards with his index fingers. His eyes are closed and his mouth is open in a shout. He is wearing a race bib that says "ATLANTIC 10" and "184". A blue banner with "FINISH" is visible at the bottom. The background is a blurred crowd of spectators.

Our lives are likened to a race and therefore we ought to finish it.
It is not good enough **if we only have a good start**. It is about **finishing strong**.

人生如賽跑，應該跑完全程。
好的開始雖然好，**圓滿的結束**更為佳。



**For the necessary qualities of continuance and endurance,
we need to look away to Jesus.**

堅持與忍耐的最好榜樣，就是耶穌。

**Just like an athlete, we need to learn what we must reject, how we must run
and where we must look in order to finish the race and finishing it strong!**

與運動員一樣，我們需要懂得拒絕、如何奔跑、視線放在哪，
才能完成賽跑，圓滿結束！

1. What We Must Reject ? 我們必須拒絕什麼？

Hebrews 12:1a

Therefore we also, since we are surrounded by so great a cloud of witnesses,
let us lay aside every weight, and the sin which so easily ensnares us...

來 12:1a

我們既有這許多的見證人，如同雲彩圍著我們，
就當放下各樣的重擔，脫去容易纏累我們的罪



In order for us to finish this race, we have to ensure that we remove both **weight and sin** which can impede our progress.

我們必須確保脫去攔阻我們前進的**重量與罪**，才能完成賽跑。

2. How We Must Run ? 我們必須如何奔跑？

Hebrews 12:1b

... and let us run with endurance the race that is set before us...

來 12:1b

存心忍耐，奔那擺在我們前頭的路程



Endurance is required in this race, therefore it is expected that the demands are rigorous. We have to be prepared that we will be out in the sun for a while.

參加賽跑需要堅忍，路程肯定險峻。
我們必須準備面對戶外的狀況。

3. Where We Must Look ? 我們眼目必須定睛哪裡？

Hebrews 12:2-3

... looking unto **Jesus**, the **author** and **finisher** of our faith, who for the joy that was 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 endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

來 12:2-3

仰望為我們信心創始成終的耶穌。他因那擺在前面的喜樂，就輕看羞辱，忍受了十字架的苦難，便坐在神寶座的右邊。那忍受罪人這樣頂撞的，你們要思想，免得疲倦灰心。

A wooden cross stands against a dramatic sunset sky with orange and purple clouds. The image is overlaid with several semi-transparent geometric shapes, including triangles and diamonds, in shades of purple and grey.

Looking Unto Jesus 仰望耶穌

1. **The Compassionate Man** 心存憐憫的
2. **The Victorious Pioneer** 得勝的先導
3. **The Only Perfecter** 唯一成終者
He brings our faith to a **triumphant completion**.
祂使我們信心得圓滿的勝利
4. **The Devoted Servant** 堅貞的僕人
5. **The Effective Priest** 永遠的祭司
6. **The Enthroned Lord** 登寶座的主
7. **The Patient Sufferer** 忍忍受難的

Hebrews 12:4

You have not yet resisted to bloodshed, striving against sin.

來 12:4

你們與罪惡相爭，還沒有抵擋到流血的地步。

1. Remember God's Word

記住神的話語

Hebrews 12:5-6

And you have forgotten the exhortation which speaks to you as to sons: 'My son, do not despise the chastening (discipline) of the LORD, nor be discouraged when you are rebuked (punished) by Him; for whom the LORD loves He chastens, and scourges every son whom He receives.'

來 12:5-6

你們又忘了那勸你們如同勸兒子的話，說：我兒，你不可輕看主的管教（紀律），被他責備的時候也不可灰心；因為主所愛的，他必管教（責罰），又鞭打凡所收納的兒子。

2 Categories of Believers

兩種類型信徒

Category 1 第一類

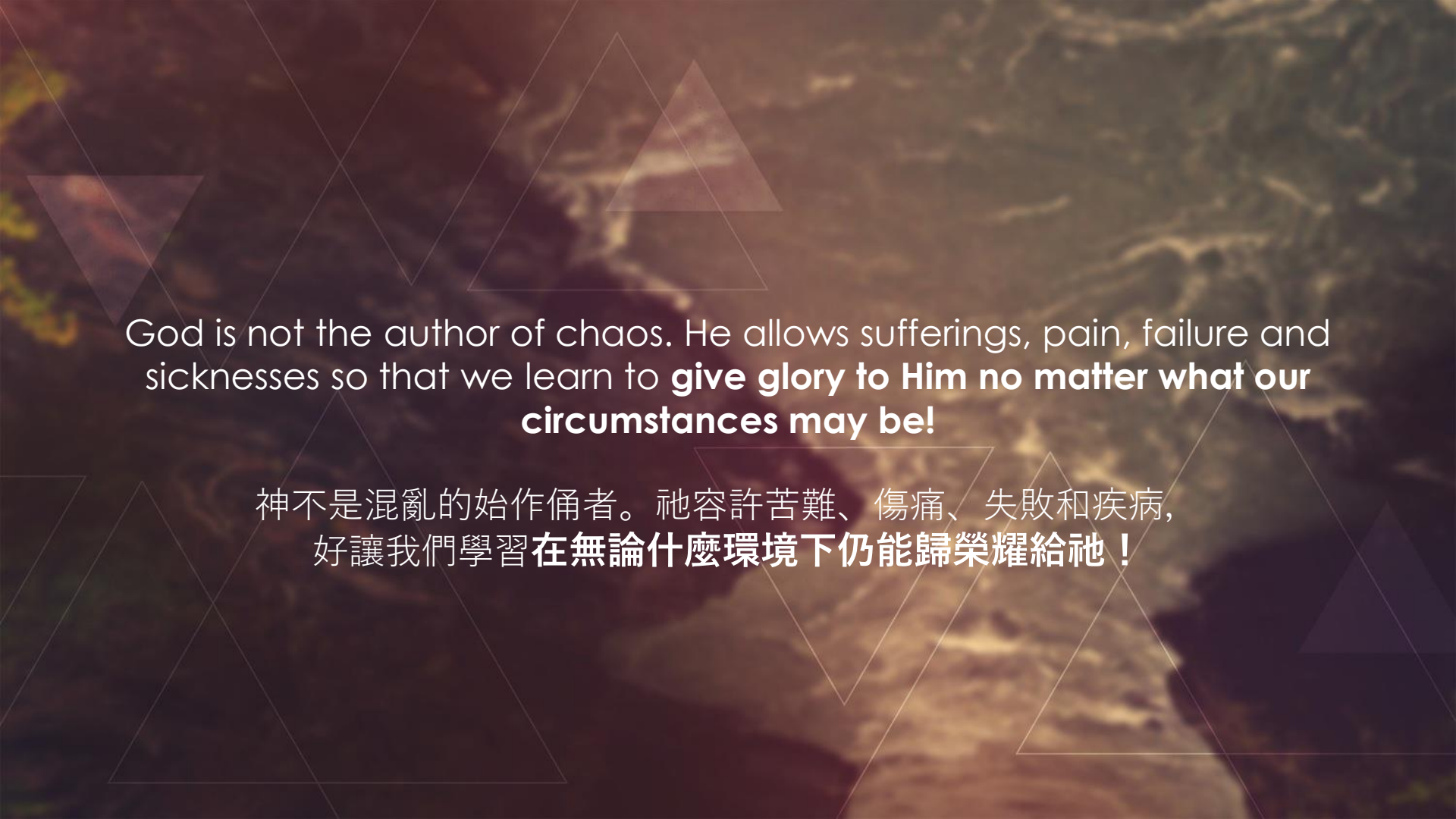
Those who take the discipline
of the Lord **lightly**.
輕看主管教的

They seemingly disregard the
importance of the Lord's
correction which is for their
own good.
他們輕忽主的糾正，
不曉得是為他們的益處。

Category 2 第二類

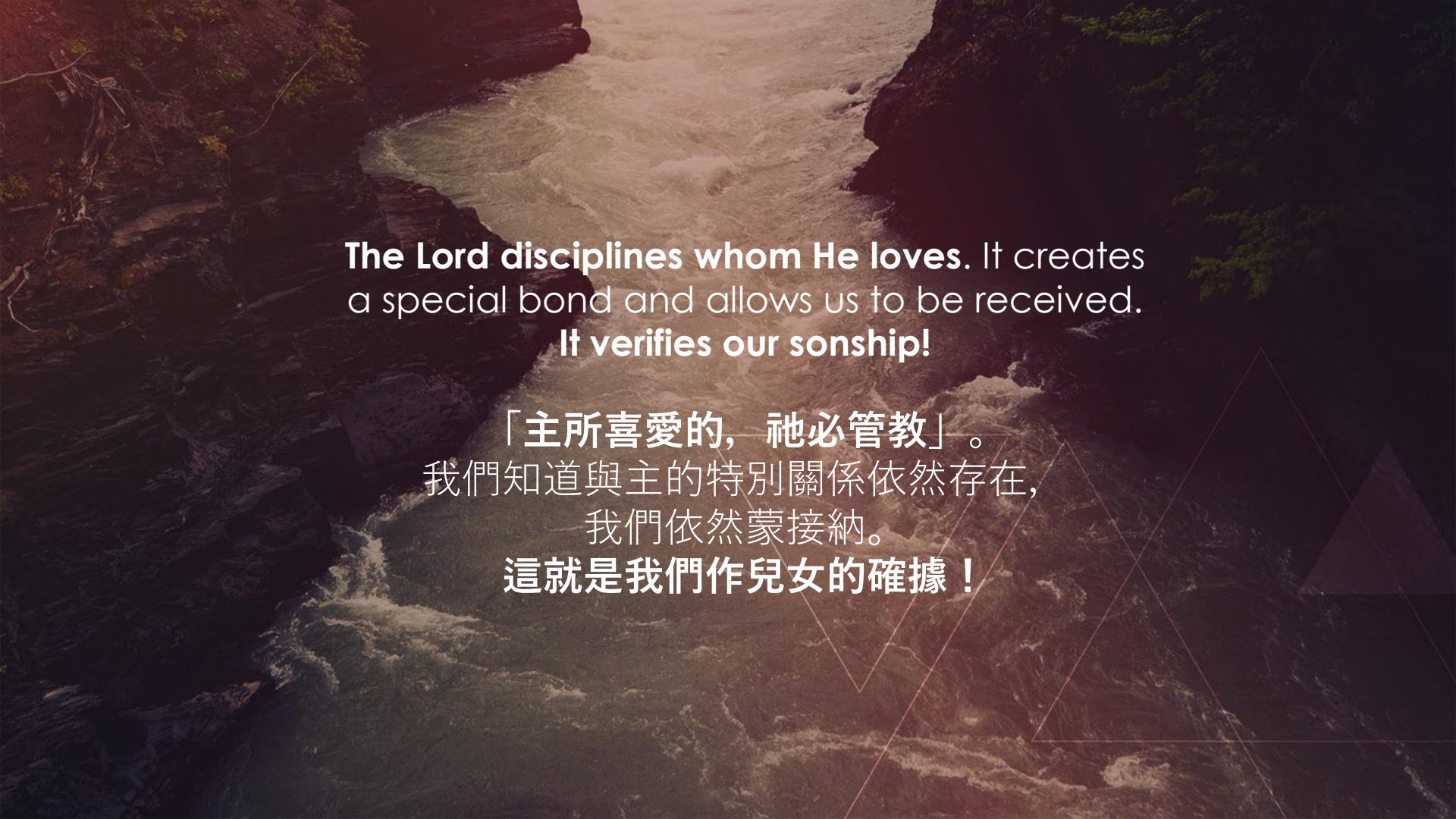
Those **overwhelmed** by the
discipline of the Lord.
接受不了主的管教

Far from disregarding the
punishment or rebuke from the
Lord, **they lose courage when
adversity overtakes them.**
不僅輕忽主的責罰或責備，
患難臨到時他們馬上灰心沮喪。



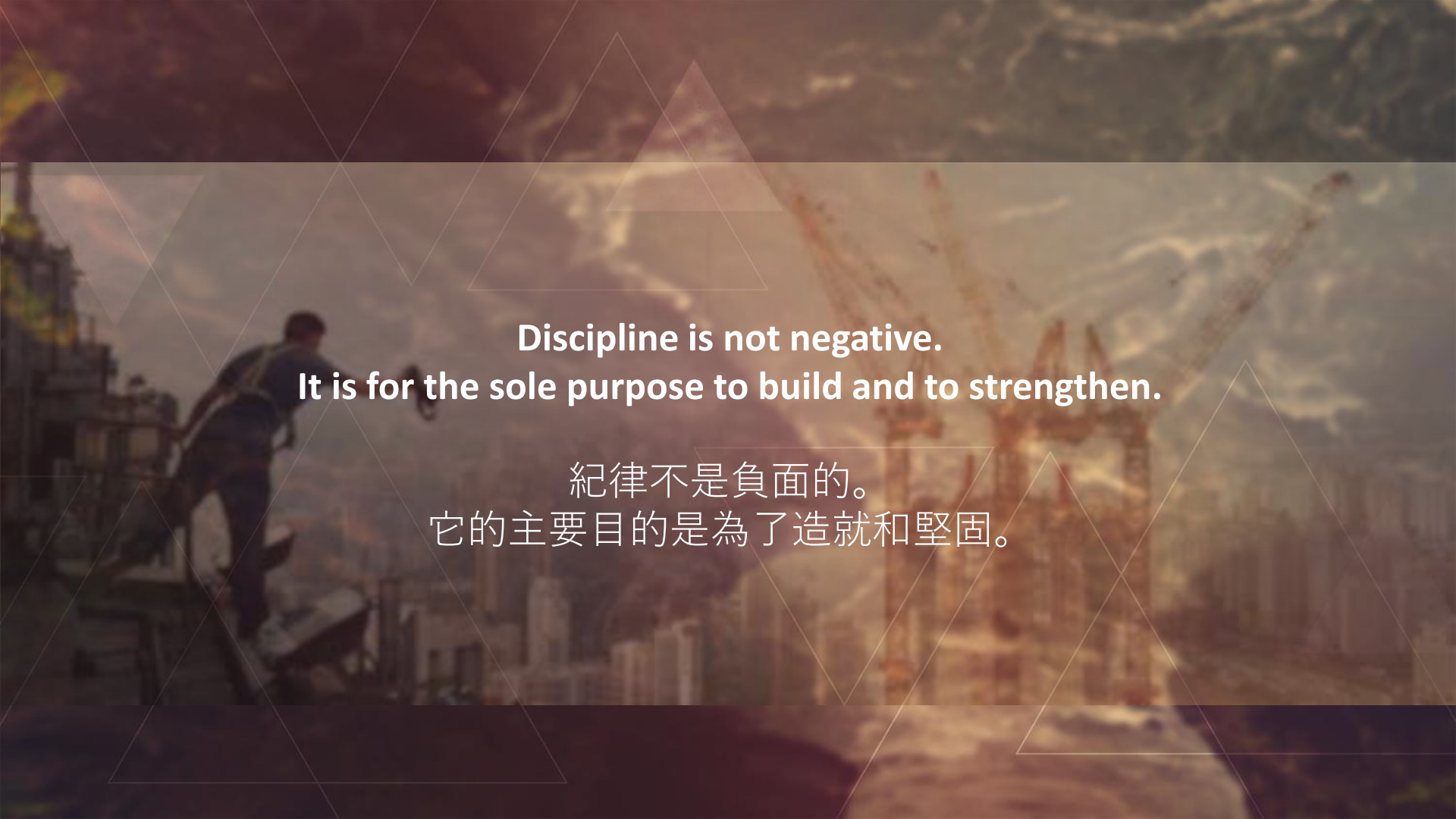
God is not the author of chaos. He allows sufferings, pain, failure and sicknesses so that we learn to **give glory to Him no matter what our circumstances may be!**

神不是混亂的始作俑者。祂容許苦難、傷痛、失敗和疾病，
好讓我們學習**在無論什麼環境下仍能歸榮耀給祂！**



The Lord disciplines whom He loves. It creates
a special bond and allows us to be received.
It verifies our sonship!

「主所喜愛的，祂必管教」。
我們知道與主的特別關係依然存在，
我們依然蒙接納。
這就是我們作兒女的确據！



**Discipline is not negative.
It is for the sole purpose to build and to strengthen.**

紀律不是負面的。
它的主要目的是為了造就和堅固。

2. Remember God's Care

記住神的眷顧

Hebrews 12:7-9

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live?

來 12:7-9

你們所忍受的，是神管教你們，待你們如同待兒子。
焉有兒子不被父親管教的呢？管教原是眾子所共受的。你們若不受管教，就是私子，不是兒子了。再者，我們曾有生身的父管教我們，我們尚且敬重他，何況萬靈的父，我們豈不更當順服他得生嗎？

3. Remember God's Purpose

記住神的目的

Hebrews 12:10-11

For they indeed for a few days chastened us as seemed best to them, but He for our **profit**, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the **peaceable fruit of righteousness** to those who have been trained by it.

來 12:10-11

生身的父都是暫隨己意管教我們；惟有萬靈的父管教我們，是要我們得益處，使我們在他的聖潔上有分。凡管教的事，當時不覺得快樂，反覺得愁苦；後來卻為那經練過的人**結出平安的果子，就是義。**