

My *Only* Message

HEBREWS 12:1-2

¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us...

... ²**looking to Jesus**, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. —Hebrews 12:1-2 ESV

My *Only* Message

Look to Jesus

He is the only help and hope you need!

1 The message I have is **my message, but not mine alone.**

³⁹And all these, though commended through their faith, did not receive what was promised, ⁴⁰since God had provided something better for **us**, that apart from **us** they should not be made perfect.

'Therefore, since we are surrounded by so great a cloud of witnesses, let **us** also lay aside every weight, and sin which clings so closely, and let **us** run with endurance the race that is set before **us**...
—Hebrews 11:39-12:1 ESV

U.S.A. Relay Teams

men

women



My *Only* Message

Look to Jesus

He is the only help
and hope you need!

The message I have is
**mine to
proclaim, but
it is ours to
practice.**

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us... —Hebrews 12:1 ESV

“...let us...”

...whatever does not
proceed from faith is sin.
—Romans 14:23 ESV

3
My only message is
**focused on
Christ and
Him crucified.**

... **looking to Jesus,**
the founder and perfecter of our faith,
who for the joy that was set before
him endured the cross, despising the
shame, and is seated at the right hand
of the throne of God.
—Hebrews 12:2 ESV

My Only Message

Look to Jesus

He is the only help
and hope you need!

For because he himself has
suffered when tempted,
he is able to **help** those
who are being tempted.
—Hebrews 2:18 ESV

¹⁹We have this as a sure and
steadfast anchor of the soul, a
hope that enters into the inner
place behind the curtain,
²⁰where Jesus has gone as a
forerunner on our behalf...
—Hebrews 6:19-20 ESV

Look to Me, and be saved,
all you ends of the earth;
for I am God,
and there is no other.
—Isaiah 45:22 NKJV

And he is the head of the body,
the church. He is the beginning,
the firstborn from the dead,
that in everything he might
be preeminent.
—Colossians 1:18 ESV

4
My only message is
**absolutely
sufficient to
get you across
the finish line.**

When you find yourselves flagging
in your faith, go over that story
again, item by item, that long
litany of hostility he plowed
through. That will shoot
adrenaline into your souls!
—Hebrews 12:3b THE MESSAGE



My Only Message

Look to Jesus

He is the only help
and hope you need!

²⁰Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, ²¹equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen. —Hebrews 13:20-21 ESV