

**The Flash**  
**Holy Heroes—Part 4**  
**Hebrews 12:1-2**  
**July 16, 2017**

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.*

--Hebrews 12:1-2 NLT

**This short passage offers three instructions for running the Christian race with endurance, reinforcing lessons that we can glean from The Flash:**

Instruction Number One: Finding your \_\_\_\_\_.

Hebrews 12:1 refers to a *"huge crowd of witnesses to the life of faith."*

Instruction Number Two: Forsaking your \_\_\_\_\_.

"Let us strip off every weight that slows us down, especially the sin that so easily trips us up." (Hebrews 12:1 NLT)

Instruction Number Three: Fixing your \_\_\_\_\_.

"And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith." (Hebrews 12:1-2 NLT)