

Weekly Message.

Sunday, May 6, 2007

Hebrews 12: 1-3

Heb 12:1 Therefore, having so vast a cloud of witnesses surrounding us, and throwing off everything that hinders us and especially the sin that so easily entangles us, let us keep running with endurance the race set before us,

Heb 12:2 looking off to Jesus, the pioneer and perfecter of the faith, who, in view of the joy set before him endured the cross, despising its shame, and has sat down at the right hand of the throne of God.

Heb 12:3 Think about the one who endured such hostility from sinners, so that you may not become tired and give up.

Are you really alive ?

When I look at the example of an athlete, the first and most important thing I see, is that the athlete must throw off everything that hinders him, slows him down, or tires him, thus slowing him down from running to the best of his abilities. We also know that this is true in our own lives. We carry around things that keep us back, and makes the task of running our race something that then simply seems like an impossible task to conquer. But what are these things, that are responsible for keeping us back? One thing that certainly is true for most of us, not excluding myself, is that there is a great amount of people with things in their lives that are bearing down on them to such an extent, that life often feels like it is simply too much to deal with, and that they lack the strength and ability to continue. It is not uncommon to hear about a suicide, or even contemplating suicide yourself. For so many, life is simply too much to deal with. BUT, what is it that is making people so tired, and depressed, making us feel that we can not see a light at the end of the tunnel ? What are these things that hinder us, and keep us from living, living life to the full.

Where shall we begin? Maybe we should start by looking at relationships? How many of you, reading this, still have the scars of previous relationships in your lives? I am talking about all types of relationships. It starts in your childhood days, your relationship you had with your mom, your dad, even relationships with grand parents, uncles, aunts, cousins... Some studies show that as many as 40% + of our adult population experienced some form of abuse, molestation or rejection in their childhood years. THUS, I can conclude that there are some people reading this today, who have been through some of these things that I have mentioned. Maybe you are also trying to hide the memories, and avoiding the subject, thus, you are carrying this emotional burden, and pain, all on your own, and it may be hindering you, preventing you from living your life to the full. It might be that all the pain and anger that you have carried with you in your life has become such a part of who you are, that you can no longer imagine life without it.

Should we take it further, looking at relationships between adults, not only married couples, but also between friends, business partners, family members. What does the picture turn to now? There are those who will feel disappointed by someone, feel rejected, and cheated out of their rightful shares, people that feel that someone did not take them into consideration, or just used them, people feel forgotten, and

unappreciated. People feel very, very unhappy with the relationships they find themselves in, how much pain and tears are often locked up in our hearts?

Have we ever been so hurt in our lives that we are finding it increasingly difficult to trust and love others? Or worse... Do you still know what love is? Do you understand what love really is, is there still power in the words, that JESUS LOVES YOU! Has life changed you into somebody who only knows what makes them feel safe and secure, or brings them security and happiness, for that is NOT love...

Throwing off everything that hinders us... So often we just read on, and think that this verse only speaks about sin... but that is not true. It says, including the sins that might trap you.... What about the emotions we are carrying with us, all the pain and hurt, the low self esteem, feeling empty, and without any dignity left.... My dearest brothers and sisters in Christ, why don't we decide to throw off these burdens that are keeping us back, and rid ourselves from those things that are hindering us from living our lives to the full, for Christ. Why do we still choose to carry all of this pain and anger with us? It is so important that we realize that we are not perfect, and also need caring... If you know that there are things in your life that are hindering you from running your race, please take action... Speak to someone that can assist you in dealing with your pain, and anger. There are people available...

You will know exactly what pain you have in your heart, be it from your childhood, lack of love and caring, due to abuse of some kind, or be it from a relationship in your adult life, be it marriage, or otherwise... You know exactly what is hindering you from living a happy and love-filled life. "You have to cast off every burden..." Do it, and live! For now, there is still a great cloud of witnesses surrounding us, being the people that can assist us, and do care about us. This we read in verse 1. This verse state that God will send us people to encourage us in running our race. Allow people to help you with that which keeps you back. And remember you goal. As an athlete, we have Jesus waiting for us at the end of our race. Do not allow your situation to make you look down, or back. Keep your eyes fixed on Jesus. As He was our perfect example of what it meant to run the race, in His case, having to die on a cross, not looking at the situation, but keeping His goal in sight.

Because He lives, I can face tomorrow.
Because He lives, All fear is gone!
Because I know He holds the future
And life is worth the living just because He lives!

What wonderful message is found in these well known word. What power to help us through difficult day. Jesus is alive, and because that it true, I can face tomorrow, knowing He will be with me.

Should you wish to [write me](#), and are in need of someone who would listen and pray with you... Please do. dniebuhr@gmail.com

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