

**Run Race with
Perseverance**
存心忍耐奔路程

Hebrews
希伯来书
12:1-3

Run Race with Perseverance 存心忍耐奔路程 **(Hebrews 希伯来书12:1-3)**

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

¹ 我们既有这许多的见证人,如同云彩围着我们,就当放下各样的重担,脱去容易缠累我们的罪,存心忍耐,奔那摆在我们前头的路程,



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main verb

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主要动词

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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主要动词



in Perseverance 存心忍耐奔路程
(Hebrews 希伯来书12:1-3)

surrounded by such a great cloud of witnesses,
that hinders and the sin that so easily
with perseverance the **race** marked out for us,

人,如同云彩围着我们,就当放下各样的重
罪,存心忍耐, **奔**那摆在我们前头的 **路程**,

主要动词

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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主要动词

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the **difficult** so easily entangles. **And let us run with perseverance the race marked out for us,**

main verb

¹ 我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，**奔**那摆在我们前头的**路程**，

主要动词

困难

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

¹ Therefore, since we are surrounded by **livelihood, sickness, people** witnesses, let us throw off everything that hinders and the **difficult** so easily entangles. **And let us run with perseverance the race marked out for us,**

main verb

¹ 我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，**存心忍耐，奔那摆在我们前头的路程，**

主要动词

困难

生计, 病痛, 人

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

圣经书12:1-3)

¹ Therefore, since we are surrounded by **livelihood, sickness, people** **troubles,** let us throw off everything that hinders and the **difficult** so easily entangles. **And let us run with perseverance the race marked out for us,**

main verb

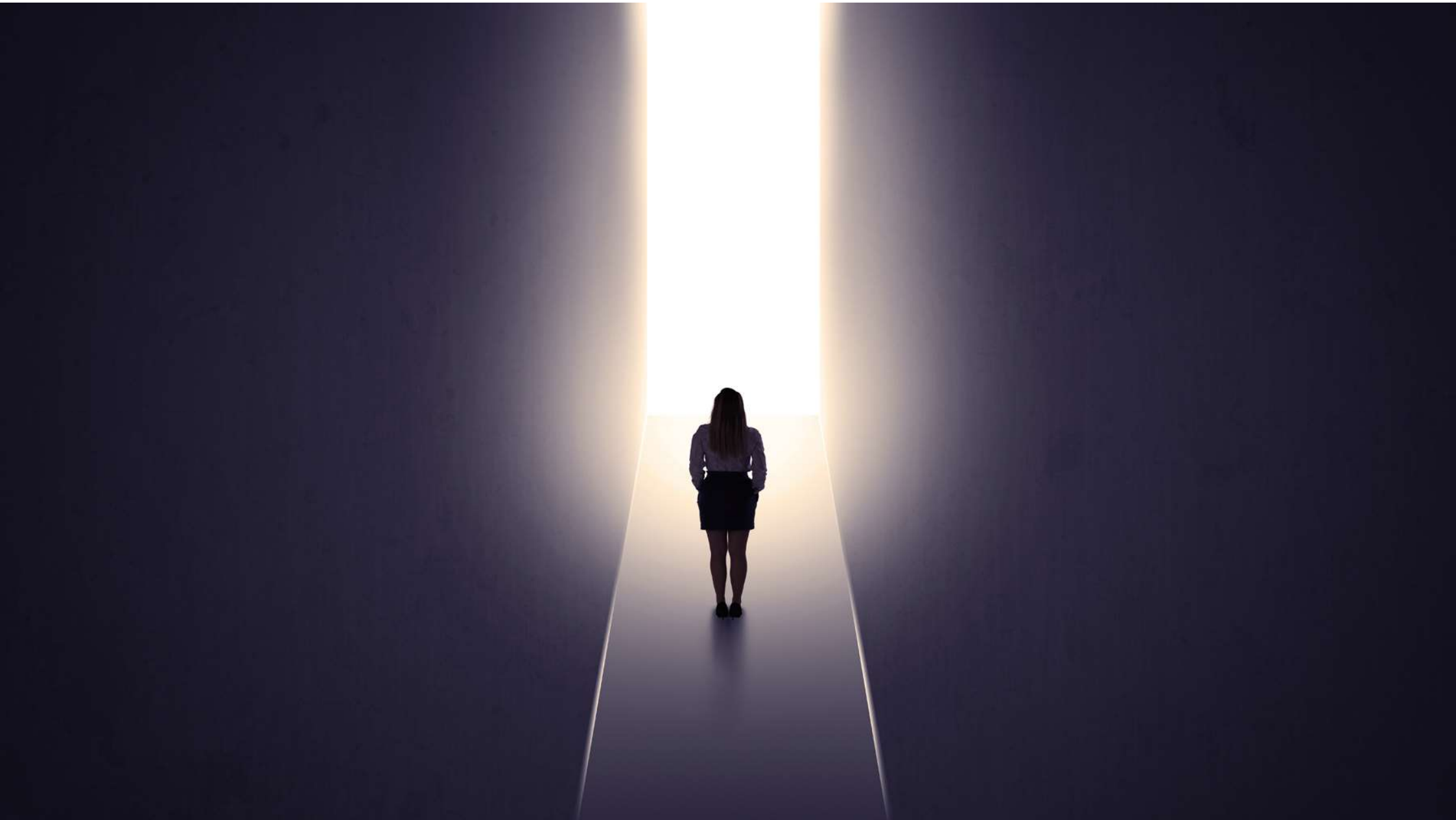
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主要动词

困难

生计, 病痛, 人

基督徒生活方式



Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

希伯来书12:1-3)

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困难

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

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困难

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

希伯来书12:1-3)

¹ Therefore, since we are surrounded by **livelihood, sickness, people** **troubles,** let us throw off everything that hinders and the **difficult** so easily entangles. **And let us run with perseverance the race marked out for us,** arranged by God

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神安排的

困难

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

希伯来书12:1-3)

¹ Therefore, since we are surrounded by **liveliness, sickness, people** **troubles,** let us throw off everything that hinders and the **difficult** so easily entangles. **And let us run with perseverance the (race) marked out for us,**

arranged by God

not bad luck

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神安排的

困难

不是运气坏

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

希伯来书12:1-3)

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fear not

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神安排的

困难

不可害怕

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

Christian lifestyle

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神安排的

困难

不可害怕

生计,病痛,人

基督徒生活方式

Run Race with Perseverance 存心忍耐奔路程

(提摩太后书12:1-3)

Christian lifestyle



Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the difficult, so easily entangles. **And let us run with perseverance the race marked out for us,**

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fear not



我们既有这许多的见证人，云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，**存心忍耐，奔那摆在我们前头的路程，**

神安排的

困难

不可害怕

生计，病痛，人

基督徒生活方式



Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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1. recall people of faith
回顾信心的人

Run Race with Perseverance 存心忍耐奔路程

many, many good examples

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

很多很多好榜样

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回顾信心的人

Run Race with P

存心忍耐奔路程

faith: though didn't see
many, many good examples

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

信心: 虽没有看见
很多很多好榜样

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1. recall people of faith
回顾信心的人

Hebrews 希伯来书 11

Now faith is confidence in what we hope for and assurance about what we do not see. ² This is what the ancients were commended for. ³ By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

信就是所望之事的实底, 是未见之事的的确据. ² 古人在这信上得了美好的证据. ³ 我们因着信, 就知道诸世界是借神话造成的. 这样, 所看见的, 并不是从显然之物造出来的.

Hebrews 希伯来书 11

⁷ By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family . . .

⁷ 挪亚因着信, 既蒙神指示他未见的事, 动了敬畏的心, 预备了一只方舟, 使他全家得救 . . .

Hebrews 希伯来书 11

⁸ By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.

⁸ 亚伯拉罕因着信，蒙召的时候，就遵命出去，往将来要得为业的地方去。出去的时候，还不知往哪里去。

Hebrews 希伯来书 11

¹³ All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.

¹³ 这些人都是存着信心死的, 并没有得着所应许的, 却从远处望见, 且欢喜迎接, 又承认自己在世上是客旅, 是寄居的。

Hebrews 希伯来书 11

³⁶ Some faced jeers and flogging, and even chains and imprisonment. ³⁷ They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated—³⁸ the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.

³⁶ 又有人忍受戏弄, 鞭打, 捆锁, 监禁, 各等的磨炼. ³⁷ 被石头打死, 被锯锯死, 受试探, 被刀杀. 披着绵羊山羊的皮各处奔跑, 受穷乏, 患难, 苦害. ³⁸ 在旷野, 山岭, 山洞, 地穴, 飘流无定. 本是世界不配有的人.

Hebrews 希伯来书 11

³⁹ These were all commended for their faith, yet none of them received what had been promised, ⁴⁰ since God had planned something better for us so that only together with us would they be made perfect.

³⁹ 这些人都是因信得了美好的证据, 却仍未得着所应许的. ⁴⁰ 因为神给我们预备了更美的事, 叫他们若不与我们同得, 就不能完全.

Run Race with Perseverance

存心忍耐奔路程

faith: though didn't see
many, many good examples

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

信心: 虽没有看见
很多很多好榜样

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回顾有信心的人

Run Race with Faith

信心: 虽没有看见

you are not alone

many, many good examples

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信心: 虽没有看见

你不是独自一人

很多很多好榜样

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Run Race with Faith

faith: though didn't see
many, many good examples

you are not alone
they were commended

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

信心: 虽没有看见
很多很多好榜样

你不是独自一人
他们被赞扬

1 我们既有这许多的见证人,如同云彩围着我们,就当放下各样的重担,脱去容易缠累我们的罪,存心忍耐,奔那摆在我们前头的路程,

1. recall people of faith
回顾有信心的人

Run Race with Faith

faith: though didn't see
many, many good examples

you are not alone
you too

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

信心: 虽没有看见
很多很多好榜样

你不是独自一人
你也一样

1 我们既有这许多的见证人,如同云彩围着我们,就当放下各样的重担,脱去容易缠累我们的罪,存心忍耐,奔那摆在我们前头的路程,

1. recall people of faith
回顾有信心的人

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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2. put away all burdens
脱去一切重担

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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¹ Therefore, since **past** we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

¹ 我们既有**过去**这么多的见证人,如同云彩围着我们,就当放下**各样的重担,脱去容易缠累我们的罪**,存心忍耐,奔那摆在我们前头的路程,

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脱去一切重担

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书12:1-3)

pride

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

骄傲

过去

¹ 我们既有这么多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，

2. put away all burdens
脱去一切重担

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书12:1-3)

pride

fear

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骄傲

惧怕

过去

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(Hebrews 希伯来书12:1-3)

pride

fear

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骄傲

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过去

宴乐

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Run Race with Perseverance 存心忍耐奔路程

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pride

fear

people

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骄傲

惧怕

人

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2. put away all burdens
脱去一切重担

Run Race with Perseverance 存心忍耐奔那路程

what is stopping you from loving the Lord?

pride

fear

people

¹ Therefore, since we are surrounded by a cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

什么在拦阻你爱主？

骄傲

惧怕

人

¹ 我们既有许多多的见证人，如 宴乐 着我们，就当放下 各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，

2. put away all burdens
脱去一切重担

Run Race with Perseverance 存心忍耐奔那路程

you must be brave, have faith: put away

pride

fear

people

¹ Therefore, since we are surrounded by a cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

你必须勇敢,有信心:脱去

骄傲

惧怕

人

¹ 我们既有这么多的见证人,如 宴乐 着我们,就当放下 各样的重担, 脱去 容易缠累我们的 罪,存心忍耐,奔那摆在我们前头的路程,

2. put away all burdens
脱去一切重担

Run Race with Perseverance 存心忍耐奔路程
Run Race with Perseverance 存心忍耐奔路程
(Hebrews 希伯来书 12:1-3)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,

¹ 我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程，

2. put away all burdens
放下一切重担

Run Race with Perseverance 存心忍耐奔路程
Run Race with Perseverance 存心忍耐奔路程
(Hebrews 希伯来书 12:1-3)

¹ Therefore, since we are surrounded by such a great cloud of witnesses,

let
ent

1 Corinthians 哥林多前书 8:13

Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

¹ 我
担

所以, 如果食物使我的弟兄跌倒,
我就永远不再吃肉, 免得使我的弟兄跌倒了。

重

2. put away all burdens
放下一切重担

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书 12:1-3)

¹ Therefore, since we are surrounded by such a great cloud of witnesses,

let
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Therefore, if we
I will never e



to fall into sin,
them to fall.

¹ 我
担

我就

了。

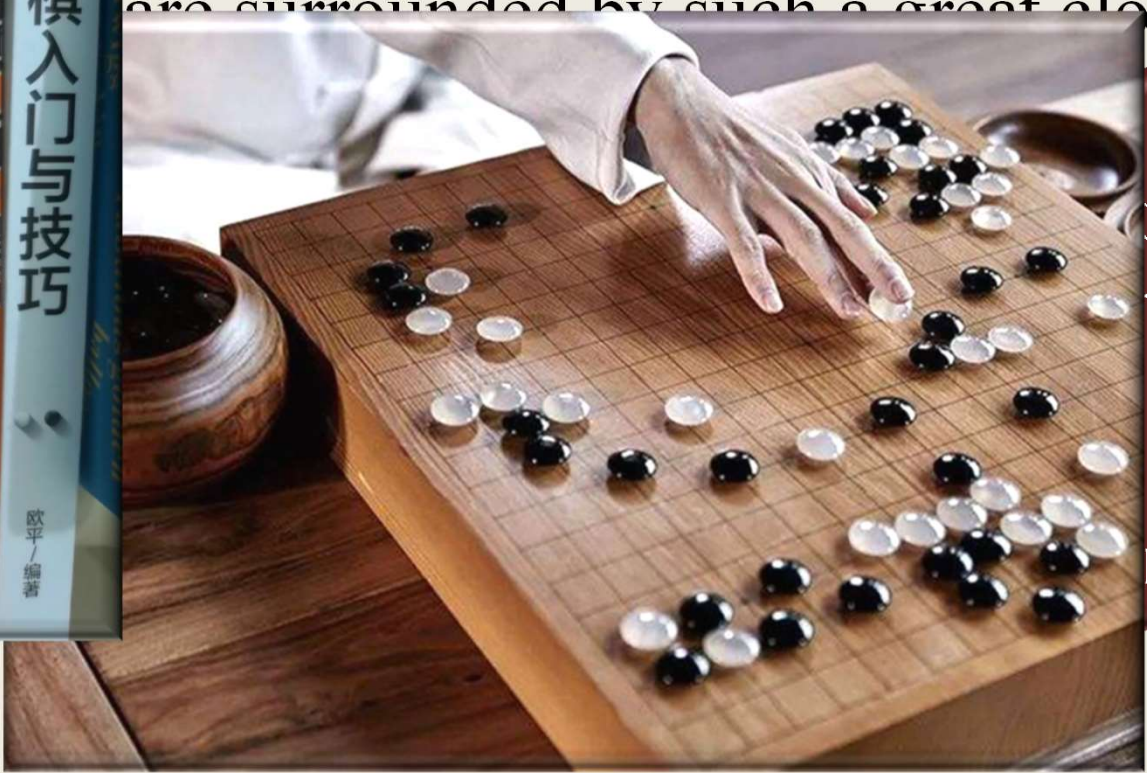
2. put away all burdens
放下一切重担

Run Race with Perseverance 存心忍耐奔路程
(Hebrews 希伯来书 12:1-3)

are surrounded by such a great cloud of witnesses,

to fall into sin,
them to fall.

了。



2. put away all burdens
放下一切重担

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

² **fixing our eyes on Jesus**, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

² **仰望**为我们信心创始成终的**耶稣**。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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3. fix eyes on Jesus
仰望耶稣

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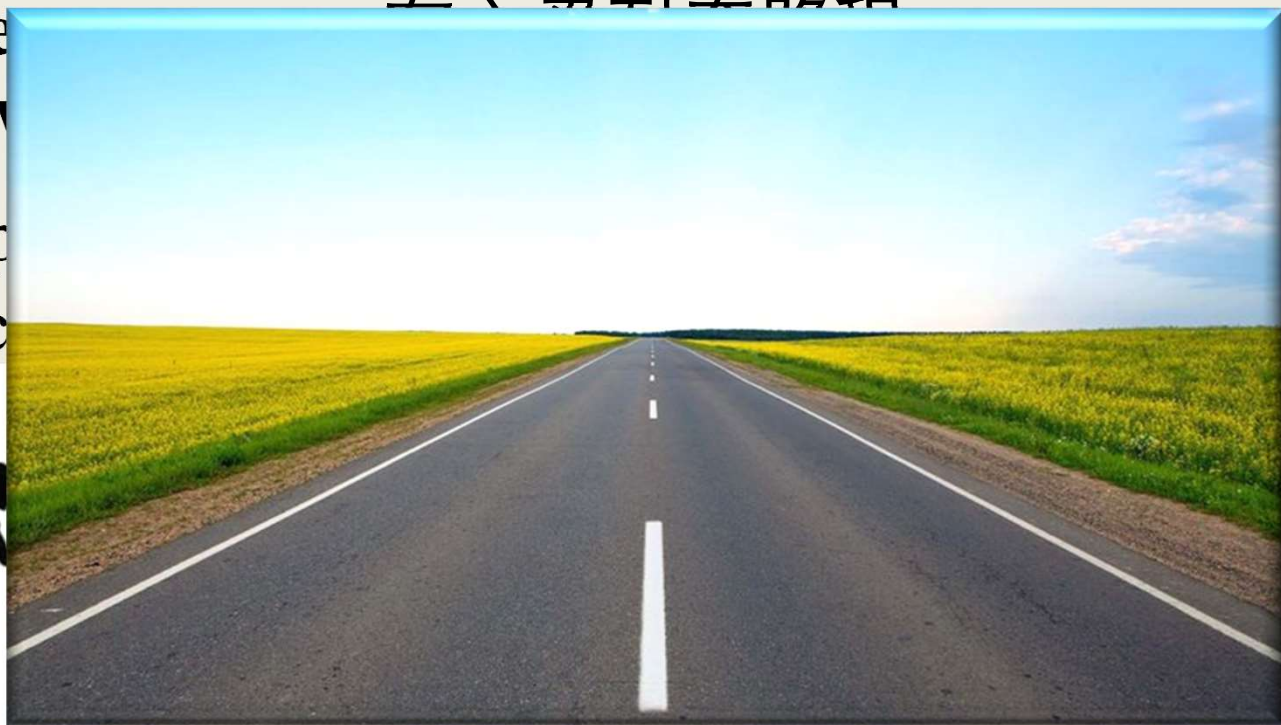


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3. fix eyes on Jesus
仰望耶稣

Run Race with Pe (Hebrew

² fixing our eyes on Jesus, the p
set before him he endured the c
the right
oppositio



² 仰望为我们信心创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

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仰望耶稣

Run Race with Pe (Hebrew

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set before him he endured the c
the right
oppositio



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3. fix eyes on Jesus
仰望耶稣

plan but not fix eyes on how big problem is
策划但不“远望”问题多大

² fixing our eyes on (Jesus) the p
set before him he endured the c
the right
oppositio



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3. fix eyes on Jesus
仰望耶稣

plan but not fix eyes on how big problem is
策划但不“远望”问题多大

² fixing plan but not fix eyes on how weak you are
set before the right oppositio
策划但不“远望”你多软弱



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3. fix eyes on Jesus
仰望耶稣

plan but not fix eyes on how big problem is
策划但不“远望”问题多大

plan but not fix eyes on how weak you are
策划但不“远望”你多软弱

plan but not fix eyes on how long problem lasts
策划但不“远望”问题持续多久



2 fixing
set before
the
oppo

2 仰望为我们信心创始成终的(耶稣) 他因那摆在前面的喜乐, 就轻看羞辱, 忍受了十字架的苦难, 便坐在神宝座的右边.³ 那忍受罪人这样顶撞的, 你们要思想, 免得疲倦灰心.

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书12:1-3)



² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.



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3. fix eyes on Jesus
仰望耶稣

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3. fix eyes on Jesus
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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

pioneered complete faith 希伯来书12:1-3)

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创始完全的信心

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3. fix eyes on Jesus
仰望耶稣

1 **best example** **Perseverance** 存心忍耐奔路程
pioneered complete faith 希伯来书12:1-3)

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最好的榜样
创始完全的信心

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3. fix eyes on Jesus
仰望耶稣

Imitate Christ! Perseverance 存心忍耐奔路程
pioneered complete faith 希伯来书12:1-3)

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效法基督!
创始完全的信心

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3. fix eyes on Jesus
仰望耶稣

1 **imitate Christ!** **Perseverance** 存心忍耐奔路程

pioneered complete faith 希伯来书12: **makes faith powerful**

² fixing our eyes on Jesus, **the pioneer and perfecter of faith**. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

效法基督!

创始完全的信心

使信心发出果效

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3. fix eyes on Jesus
仰望耶稣

Imitate Christ! Perseverance 存心忍耐
pioneered complete faith 希伯来书12:1
worth imitating
makes faith powerful

² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

效法基督!
创始完全的信心

值得效法
使信心发出果效

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3) **最好的榜样**

² fixing our eyes on Jesus, the **pioneer** and perfecter of faith. **For the joy set before him he endured the cross, scorning its shame,** and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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最好的榜样

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3. fix eyes on Jesus
仰望耶稣

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最好的榜样

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仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3) **最好的榜样**

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最好的榜样

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3) **best example**

² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

**faithful to
people/God**

最好的榜样

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忠心对待人/神

**3. fix eyes on Jesus
仰望耶稣**

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)

² fixing our eyes on Jesus, the author and finisher of our faith, who for the joy that was set before him he endured the cross, despising the shame, and sat down at the right hand of the throne of God. ³ Therefore, since we are surrounded by so great a cloud of witnesses, let us not lose heart and become discouraged, for in this short race we have not yet fought to the point of death and have not yet reached the goal.

最好的榜样

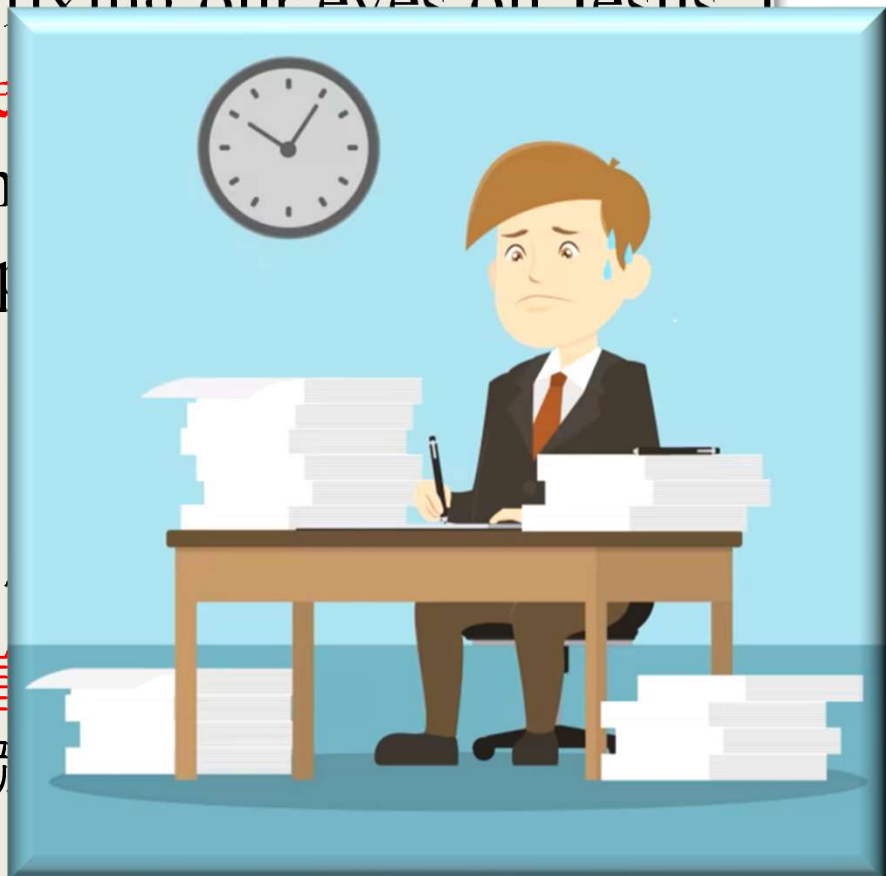


author of faith. **For the joy that was set before him** he endured such a cross, despising the shame, and sat down at the right hand of the throne of God. ³ Therefore, since we are surrounded by so great a cloud of witnesses, let us not lose heart and become discouraged, for in this short race we have not yet fought to the point of death and have not yet reached the goal.

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)



jecter of faith. **For the joy**
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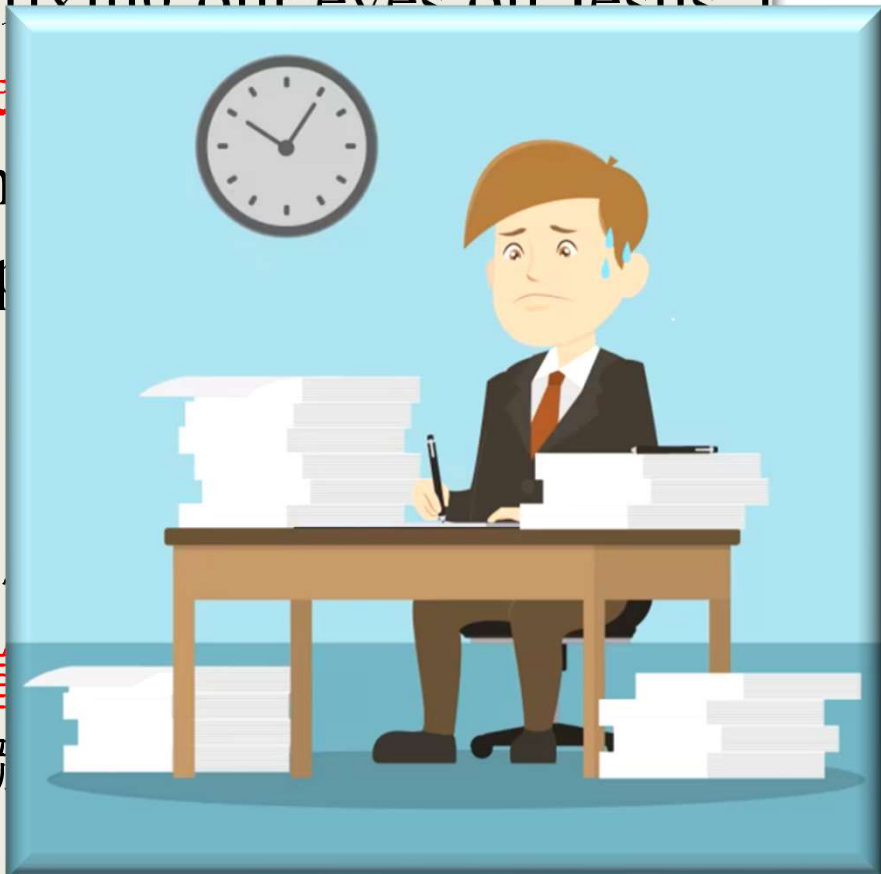
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更坐在神宝座的右边。³ 那忍受罪人这样
卷灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)

2 fixing our eyes on Jesus t

ector of faith For the joy



更坐在神宝座
卷灰心。



st. fix eyes on Jesus

仰望耶穌

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)

live with burdens:
doing duties to people faithfully
与负担共存: 尽上对人的责任



更坐在神宝座
卷灰心。



仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)

live with burdens:
doing duties to people faithfully
与负担共存: 尽上对人的责任

reason: do for the Lord, to be good testimony
原因: 为主作, 作好见证



更坐在神宝座
卷灰心。



仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Heb 12:1-3)

1 Peter 彼得前书 2:18

Slaves, in reverent fear of God submit yourselves to your masters, not only to those who are good and considerate, but also to those who are harsh.

你们作仆人的, 凡事要存敬畏的心顺服主人。
不但顺服那善良温和的, 就是那乖僻的也要顺服。

更坐在神宝座
卷灰心。

仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3) **最好的榜样**

² fixing our eyes on Jesus, the **pioneer** and perfecter of faith. **For the joy set before him he endured the cross, scorning its shame,** and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

最好的榜样

² 仰望为我们信心**创始**成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

3. fix eyes on Jesus
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仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3) **最好的榜样**

² fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him he endured the cross, scorning its shame,** and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

最好的榜样

² 仰望为我们信心创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 12:1-3) **best example**

2 fixing our eyes on the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

2 仰望为我们信心创始成终的耶稣。他因那摆在面前的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。3 那忍受罪人这样顶撞的，你们不要以为稀奇，你们也要忍耐，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3)

best example

2 fixing our eyes on the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider Jesus who endured such opposition from sinners, so that you will not grow weary and lose heart.



no big deal

没有大不了的

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Heb 12:1-3)

best example

2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and endured the reproach of those who scorned him. He did not despise the cross, imprisoned, beaten, sawed in two, and buried in death. He did not despise the cross, no big deal. He endured such opposition for those who love him. You will not grow weary and lose heart.

imprisoned, beaten, sawed in two

no big deal

监禁, 被打, 锯成两半

没有大不了的

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3. fix eyes on Jesus
仰望耶稣



Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯 **worth imitating**)

² fixing our eyes on Jesus, the pioneer and **perfecter** of faith. For the joy set before him he endured the cross, scorning its shame, **and sat down at the right hand of the throne of God.** ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

值得效法

² 仰望为我们信心创始**成终**的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，**便坐在神宝座的右边。** ³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯 **worth imitating**)

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仰望耶稣

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**position
of authority**

值得效法

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权力的位置

**3. fix eyes on Jesus
仰望耶稣**

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书 12:1) **worth imitating**

² fixing our eyes on Jesus, the pioneer and **perfecter** of our faith. For the joy set before him he endured the cross, scorning its shame, **and sat down at the right hand of the throne of God.** ³ Consider him who endured such opposition to himself, so that you will not grow weary and lose heart.

position of authority

reward

值得效法

² 仰望为我们信心创始**成终**的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，**便坐在神宝座的右边。**³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

奖赏

权力的位置

**3. fix eyes on Jesus
仰望耶稣**

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯 **worth imitating**)

² fixing our eyes on Jesus, the pioneer and **perfecter** of our faith. For the joy set before him he endured the cross, scorning its shame, **and sat down at the right hand of the throne of God.** ³ Consider him who endured such opposition **so that you will not grow weary and lose heart.**

position
of authority

reward
victory

值得效法

² 仰望为我们信心创始**成终**的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，**便坐在神宝座的右边。** ³ 那忍受罪人这样顶撞的，你们要思想，免得疲倦灰心。

奖赏
胜利

权力的位置

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

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3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程 (Hebrews 希伯来书12:1-3)

² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, **compare** despising its shame, and sat down at the right hand of the throne of God. ³ **Consider** him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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3. fix eyes on Jesus
仰望耶稣

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² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, despising its shame, and sat down at the right hand of the throne of God. ³ **Consider** him who endured such opposition from sinners, so that you will not grow weary and lose heart.

² 仰望为我创始成终的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受十字架的苦难，便坐在神宝座的右边。³ 那忍受罪人这样顶撞的，你们要**思想**，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书 12:1-2)

² fixing our eyes on Jesus, the pioneer and perfecter of our faith, who for the joy set before him endured the cross, despising its shame, and sat down at the right hand of the throne of God. ³ **Consider** him who endured such opposition from sinners, so that you will not grow weary and lose heart.

reflect

Jesus suffered

faithfully for God

compare

For the joy
ing its shame, and sat down at

Consider him who endured such

opposition from sinners, so that you will not grow weary and lose heart.

耶稣忠心

思考

为神受苦

² 仰望为我 思考 为神受苦 的耶稣。他因那摆在前面的喜乐，就轻看 羞辱，忍受十字架的苦难，便坐在神宝座的右边。 ³ 那忍受罪人这样 顶撞的，你们要思想，免得疲倦灰心。

比较

架的苦难，便坐在神宝座的右边。 ³ 那忍受罪人这样

顶撞的，你们要思想，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣

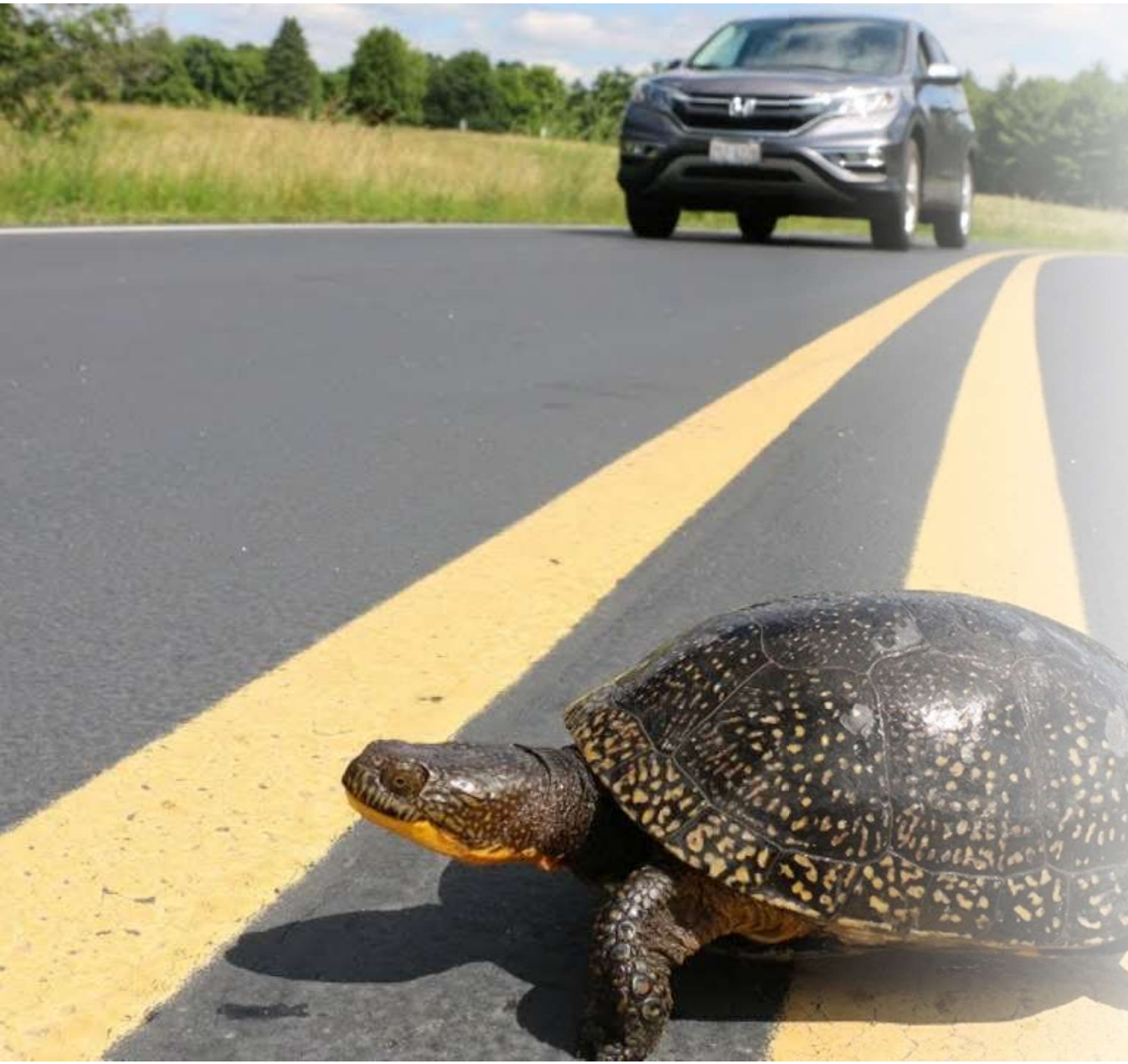
Run Race with Perseverance 存心忍耐奔路程

(Hebrews 希伯来书 12:1-2)

² fixing our eyes on Jesus, the pioneer and perfecter of our faith, who for the joy set before him endured the cross, despising its shame, and sat down at the right hand of the throne of God. ³ **Consider** him who endured such opposition from sinners, so that you will not grow weary and lose heart.

² 仰望为我 **思考** 耶稣忠心 比较 为神受苦 的耶稣。他因那摆在前面的喜乐，就轻看羞辱，忍受十字架的苦难，便坐在神宝座的右边。 ³ 那忍受罪人这样顶撞的，你们要 **思想**，免得疲倦灰心。

3. fix eyes on Jesus
仰望耶稣



Matthew 马太福音 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.”

“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。”

Run Race with Perseverance 存心忍耐奔路程 **(Hebrews 希伯来书12:1-3)**

Life is a difficult journey. Being a Christian is even more difficult because we have to live a holy life in a sinful world. We must do so. Then we can receive the eternal reward from God, and not suffer eternal loss. The critical attitude is: persevere to stay faithful to the Lord. How?

人生难走. 基督徒的生活更难过, 因为我们必须在犯罪的世界过圣洁的生活. 我们必须这样行, 我们才会从神得着永恒的奖赏, 不受永恒的亏损. 关键的态度是: 要忍耐着对主忠心. 如何能做到?

Run Race with Perseverance 存心忍耐奔路程 **(Hebrews 希伯来书12:1-3)**

First, recall people of faith: Many people of God, past and present had faith in God even though they have yet to receive the promise of God. They were praised by God. You are not alone. Do so, and you will be praised too.

第一, 回顾有信心的人: 许多神的子民, 过去和现在的, 继续对神忠心, 即使他们还没有得着神的应许. 他们因此被神赞扬. 你不是独自一人. 照样行, 就能被神赞扬.

Run Race with Perseverance 存心忍耐奔路程 **(Hebrews 希伯来书12:1-3)**

Second, put away all burdens: If you can't stay faithful to God, probably some things or sin are hindering you. What is it? Be honest, and identify it. Be brave and put it away.

第二, 脱去一切的重担. 你若无法对神忠心, 很可能是因为有些东西或罪缠累着你. 是什么? 你必须诚实, 指定它. 要勇敢, 把它脱去.

Run Race with Perseverance 存心忍耐奔路程 **(Hebrews 希伯来书12:1-3)**

Third, fix eyes on Jesus: Jesus is the pioneer/example of faith. He was faithful to God to the end, even dying on the cross. Be inspired by his example. Jesus is also the perfecter of faith. He made faith powerful: God rewarded him for faith. Do likewise, and faith will bring you the eternal reward.

第三, 仰望耶稣: 耶稣是信心的创始者/榜样. 他对神忠心到底, 甚至死在十字架. 效法他的榜样. 愿他的榜样激励你. 耶稣也成全信心. 他使信心发出能力: 神奖赏他的信心. 你就照样行, 因信心带给你永恒的奖赏.