

Endure the (momentary) hardship

- 1. Why does this matter?**

- 2. Looking to Jesus, run the race (12:1-4)**
 - a. The cloud of witnesses**
 - b. Throw off the weight**
 - c. Run the race**
 - d. Consider Jesus**

- 3. Remember the reason for the discipline (12:5-11)**
 - a. The obvious: discipline is hard.**
 - b. Two temptations**
 - c. Remember the reason**