

I Can't Find an Emoji for That – Emotions Sermon Series

What Are You Looking At?

Part 2

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Background

The “secret sauce” to the life of Jesus was His complete dependence on His Father. Jesus stated that He literally lived and died by the Father.

⁵⁷ As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. ⁵⁸ ^aThis is the bread which came down from heaven—not ^bas your fathers ate the manna, and are dead. He who eats this bread will live forever.”¹ (John 6:57-58)

Text: Hebrews 12:1-17

The Race of Faith

¹² Therefore we also, since we are surrounded by so great a cloud of witnesses, ^alet us lay aside every weight, and the sin which so easily ensnares us, and ^blet us run ^cwith endurance the race that is set before us, ² looking unto Jesus, the ¹author and ²finisher of our faith, ^dwho for the joy that was set before Him ^eendured the cross, despising the shame, and ^fhas sat down at the right hand of the throne of God.

^a John 6:49–51

^b Exodus 16:14–35

¹ [*The New King James Version*](#). (1982). (John 6:57–58). Nashville: Thomas Nelson.

^a Colossians 3:8

^b 1 Corinthians 9:24; Galatians 2:2; Hebrews 10:39

^c Romans 12:12; Hebrews 10:36

¹ originator

² perfecter

^d Luke 24:26

^e Psalms 69:7, 19; Philippians 2:8; [Hebrews 2:9]

^f Psalms 110:1

The Discipline of God

³For consider Him who endured such hostility from sinners against Himself, ^hlest you become weary and discouraged in your souls. ⁴You have not yet resisted to bloodshed, striving against sin. ⁵And you have forgotten the exhortation which speaks to you as to sons:

ⁱ“My son, do not despise the ³chastening of the Lord,
Nor be discouraged when you are rebuked by Him;

⁶For ^kwhom the Lord loves He chastens,
And scourges every son whom He receives.”

⁷If ⁴you endure chastening, God deals with you as with sons; for what ^mson is there whom a father does not chasten?

⁸But if you are without chastening, ⁿof which all have become partakers, then you are illegitimate and not sons.

⁹Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to ^othe Father of spirits and live? ¹⁰For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, ^pthat we may be partakers of His holiness. ¹¹Now no ⁵chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields ^qthe peaceable fruit of righteousness to those who have been trained by it.

Renew Your Spiritual Vitality

¹²Therefore ^rstrengthen the hands which hang down, and the feeble knees, ¹³and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

¹⁴Pursue peace with all *people*, and holiness, ^twithout which no one will see the Lord: ¹⁵looking carefully lest anyone ^vfall short of the grace of God; lest any ^wroot of bitterness springing up cause trouble, and by this many become defiled; ¹⁶lest there be any ^wfornicator or ⁶profane person like Esau, ^xwho for one morsel of food sold his birthright.

¹⁷For you know that afterward, when he wanted to inherit the blessing, he was ^yrejected, for he found no place for repentance, though he sought it diligently with tears.

^g Matthew 10:24

^h Galatians 6:9; Heb. 12:5

ⁱ [1 Corinthians 10:13]

^j Job 5:17; Proverbs 3:11, 12

³ discipline

^k Psalms 94:12; Revelation 3:19

^l Deuteronomy 8:5; 2 Samuel 7:14

⁴ NU, M *It is for discipline that you endure; God*

^m Proverbs 13:24; 19:18; 23:13

ⁿ 1 Peter 5:9

^o [Job 12:10]

^p Leviticus 11:44

⁵ discipline

^q Isaiah 32:17; 2 Timothy 4:8; James 3:17, 18

^r Isaiah 35:3

^s Psalms 34:14

^t Matthew 5:8; [Hebrews 9:28]

^u 2 Corinthians 6:1; Galatians 5:4; Hebrews 4:1

^v Deuteronomy 29:18

^w [1 Corinthians 6:13–18]

⁶ godless

^x Genesis 25:33

^y Genesis 27:30–40

Main Points

1. “Set” some weights/sin aside:

- a. The weight of discouragement can be devastating and detract the believer from their journey. The enemy of our soul is always attempting to lead us into despair. As a believer, we must fight and resist discouragement at all cost. Consider the fruit of this wicked plot:
 - i. Distracts – assignments, callings and even anointing can be misplaced
 - ii. Disorients – a state of confusion is the result
 - iii. Detracts – Focus can be misplaced when emotions are heightened
 - iv. Deflates – this equates to a heaviness within the soul and the emotions.

2. “Looking” unto Jesus – He emulated the Father:

- a. What are you focused on?
 - i. We move towards what we focus on
 - ii. Wisdom Key: **Focus on Christ, who focused on the Joy (the prize)**
- b. God can use turmoil and strife to bring clarity and clear vision into the life of the believer
- c. When we set our sights on Christ, the result is renewed/fresh perspective/focus
- d. When we become internally focused the outcome is usually negative, consider:
 - i. Nit picking and finger pointing
 - ii. Self-pity – “woe is me”
 - iii. Critical of self and others
- e. “Do not fall short of the grace of God”
 - i. Hebrews 12:15 - **looking** carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

3. The JOY was SET by the Father

- a. What JOY has the Father set before you?
 - i. Jesus was able to see beyond the shame and pain of the cross because His focus was on what the Father had set before Him. He would be reunited with God in glory, He would be given a name that is greater than any other name.
- b. Jesus put HIS HOPE on the Father
 - i. God’s prescription for discouragement:
 - Complete REST in GOD
 - Complete TRUST in God’s plan – “*This too shall pass*”
 - The hand of God is on/with you – God’s presence of God – Psalms 91

4. Strength comes from the Father:

- a. The “secret sauce” to the life of Jesus was His complete dependence on His Father. Jesus stated that He literally lived and died by the Father.

⁵⁷ As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. ⁵⁸ ^aThis is the bread which came down from heaven—not ^bas your fathers ate the manna, and are dead. He who eats this bread will live forever.”² (John 6:57)

- b. **Jesus prays for Peter**

- i. By example, Jesus ministers to Peter before His trial and death and encourages him to rise up and lead after his severe testing period would be over.

Luke 22:32-33

³² But I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren."

^a John 6:49–51

^b Exodus 16:14–35

² [*The New King James Version*](#). (1982). (John 6:57–58). Nashville: Thomas Nelson.

Discussion Questions

1. What has the Father set before you (joy, promises)?
2. In what ways have you lost focus over the crisis?
3. What weights and sins do you need to set aside?
4. What strength have you received from God?
5. How are you relying on the grace of God?
6. How do you live by the Father? Give an example.
7. What spiritual warfare weapons have you employed in order to fight off the enemy of your soul who wants to discourage you?