

**LAY ASIDE EVERY WEIGHT,  
AND  
THE SIN WHICH DOTHSO EASILY BESET US**

**Heb 12:1-4**

1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us **(1)lay aside (2)every (3)weight**, and the **(4)sin** which doth **(5)so easily beset** us, and let us **(6)run** with **(7)patience** the **(8)race** that is **(9)set** before us, (KJV)

2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

4 Ye have not yet resisted unto blood, striving against sin.

**Definitions:** **(1)lay aside**-659 apotithemi (ap-ot-eeth'-ay-mee);from 575 and 5087; to put away (literally or figuratively): KJV-- cast off, lay apart (aside, down), put away (off). **(2)every**-3956 pas (pas); including all the forms of declension; apparently a primary word; all, any, every, the whole: KJV-- all (manner of, means), always (-s), any (one), X daily, + ever, every (one, way), as many as, + no (-thing), X thoroughly, whatsoever, whole, whosoever. **(3)weight**-3591 ogkos (ong'-kos); probably from the same as 43; a mass (as bending or bulging by its load), i.e. burden (hindrance): KJV-- weight. **(4)sin**-266 hamartia (ham-ar-tee'-ah);from 264; a sin (properly abstract): KJV-- offence, sin (-ful). **(5)so easily beset**-2139 euperistatos (yoo-per-is'-tat-os);from 2095 and a derivative of a presumed compound of 4012 and 2476; well standing around, i.e. (a competitor) thwarting (a racer) in every direction (figuratively, of sin in genitive case): KJV-- which doth so easily beset. **(6)run**-5143 trecho (trekh'-o); apparently a primary verb (properly, threcho; compare 2359); which uses dremo (drem'-o) (the base of 1408) as alternate in certain tenses; to run or walk hastily (literally or figuratively): KJV-- have course, run. **(7)patience**-5281 hupomone (hoop-om-on-ay');from 5278; cheerful (or hopeful) endurance, constancy: KJV-- enduring, patience, patient continuance (waiting). **(8)race**-73 agon (ag-one');from 71; properly, a place of assembly (as if led), i.e. (by implication) a contest (held there); figuratively, an effort or anxiety: KJV-- conflict, contention, fight, race. **(9)set**-4295 prokeimai (prok'-i-mahee);from 4253 and 2749; to lie before the view, i.e. (figuratively) to be present (to the mind), to stand forth (as an example or reward): KJV-- be first, set before (forth).

**Heb 12:1 ... let us lay aside every weight, (KJV)**

**Matt 10:37** He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. **38** And he that taketh not his cross, and followeth after me, is not worthy of me. (KJV)

**Luke 8:14** And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection. (KJV)

**Luke 9:59-62**

59 And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.

60 Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God.

61 And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at my house.

62 And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God. (KJV)

**Luke 12:15** And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth. (KJV)

**Luke 14:26-33**

26 If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.

27 And whosoever doth not bear his cross, and come after me, cannot be my disciple.

28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

29 Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him,

30 Saying, This man began to build, and was not able to finish.

31 Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand?

32 Or else, while the other is yet a great way off, he sendeth an ambassage, and desireth conditions of peace.

33 So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple. (KJV)

**Luke 18:22-25**

22 Now when Jesus heard these things, he said unto him, Yet lackest thou one thing: sell all that thou hast, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow me.

23 And when he heard this, he was very sorrowful: for he was very rich.

24 And when Jesus saw that he was very sorrowful, he said, How hardly shall they that have riches enter into the kingdom of God!

25 For it is easier for a camel to go through a needle's eye, than for a rich man to enter into the kingdom of God. (KJV)

**Luke 21:34** And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. (KJV)

**Rom 13:11-14**

11 And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

12 The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.

13 Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.

14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof. (KJV)

**2 Cor 7:1** Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. (KJV)

**Eph 4:22-24**

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness. (KJV)

**Col 3:5-8**

5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

6 For which things' sake the wrath of God cometh on the children of disobedience:

7 In the which ye also walked some time, when ye lived in them.

8 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. (KJV)

**1 Tim 6:9-10**

9 But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. (KJV)

**2 Tim 2:4** No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier. (KJV)

**1 Pet 2:1** Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, (KJV)

**1 Pet 4:2** That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God. (KJV)

**I Jn 2:15-16**

15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. (KJV)

**Heb 12:1 ... and the sin which doth so easily beset us, (KJV)**

**Ps 18:23** I was also upright before him, and I kept myself from mine iniquity. (KJV)

**Heb 10:35-39**

35 Cast not away therefore your confidence, which hath great recompence of reward.

36 For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

37 For yet a little while, and he that shall come will come, and will not tarry.

38 Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.

39 But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul. (KJV)

**Heb 12:1 ... and let us run (KJV)**

**1 Cor 9:24-27**

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. (KJV)

**Gal 5:7** Ye did run well; who did hinder you that ye should not obey the truth? (KJV)

**Phil 2:16** Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain. (KJV)

**Phil 3:10-14**

10 That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;

11 If by any means I might attain unto the resurrection of the dead.

12 Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus. (KJV)

**2 Tim 4:7** I have fought a good fight, I have finished my course, I have kept the faith: (KJV)

**Heb 12:1 ... with patience the race that is set before us,** (KJV)

**Matt 10:22** And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved. (KJV)

**Matt 24:13** But he that shall endure unto the end, the same shall be saved. (KJV)

**Luke 8:15** But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience. (KJV)

**Rom 2:7** To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life: (KJV)

**Rom 5:3-5**

3 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience;

4 And patience, experience; and experience, hope:

5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. (KJV)

**Rom 8:24-25**

24 For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?

25 But if we hope for that we see not, then do we with patience wait for it. (KJV)

**Rom 12:12** Rejoicing in hope; patient in tribulation; continuing instant in prayer; (KJV)

**Heb 6:15** And so, after he had patiently endured, he obtained the promise. (KJV)

**Heb 10:36** For ye have need of patience, that, after ye have done the will of God, ye might receive the promise. (KJV)

**James 1:3** Knowing this, that the trying of your faith worketh patience. (KJV)

**James 5:7-11**

7 Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.

8 Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

9 Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door.

10 Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.

11 Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.(KJV)

**2 Pet 1:6** And to knowledge temperance; and to temperance patience; and to patience godliness; (KJV)

**Rev 1:9** I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ. (KJV)

**Rev 3:10** Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth. (KJV)

**Rev 13:10** He that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword. Here is the patience and the faith of the saints.(KJV)

#### **Heb 12:1 ... additional scriptures (KJV)**

**Isa 40:31** But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (KJV)

**Isa 44:8** Fear ye not, neither be afraid: have not I told thee from that time, and have declared it? ye are even my witnesses. Is there a God beside me? yea, there is no God; I know not any. (KJV)

#### **Mark 9:43-48**

43 And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched:

44 Where their worm dieth not, and the fire is not quenched.

45 And if thy foot offend thee, cut it off: it is better for thee to enter halt into life, than having two feet to be cast into hell, into the fire that never shall be quenched:

46 Where their worm dieth not, and the fire is not quenched.

47 And if thine eye offend thee, pluck it out: it is better for thee to enter into the kingdom of God with one eye, than having two eyes to be cast into hell fire:

48 Where their worm dieth not, and the fire is not quenched.(KJV)

**Luke 2:34** And Simeon blessed them, and said unto Mary his mother, Behold, this child is set for the fall and rising again of many in Israel; and for a sign which shall be spoken against; (KJV)

**Acts 20:24** But none of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God. (KJV)

**Rom 8:25** But if we hope for that we see not, then do we with patience wait for it. (KJV)

**Rom 8:34** Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us. (KJV)

**2 Cor 6:4** But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, (KJV)

**2 Cor 10:3** For though we walk in the flesh, we do not war after the flesh: (KJV)

**Eph 6:12** For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. (KJV)

**Phil 2:12** Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. (KJV)

**Phil 3:13** Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, (KJV)

**Col 1:11** Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; (KJV)

**Col 3:8** But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. (KJV)

**II Th 1:4** So that we ourselves glory in you in the churches of God for your patience and faith in all your persecutions and tribulations that ye endure: (KJV)

**Heb 6:12** That ye be not slothful, but followers of them who through faith and patience inherit the promises. (KJV)

**Heb 6:17-19**

17 Wherein God, willing more abundantly to shew unto the heirs of promise the immutability of his counsel, confirmed it by an oath:

18 That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us:

19 Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil; (KJV)

**Heb 13:22** And I beseech you, brethren, suffer the word of exhortation: for I have written a letter unto you in few words. (KJV)

**James 1:21** Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. (KJV)

**Rev 2:1-5**

1 Unto the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks;

2 I know thy works, and thy labour, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not, and hast found them liars:

3 And hast borne, and hast patience, and for my name's sake hast laboured, and hast not fainted.

4 Nevertheless I have somewhat against thee, because thou hast left thy first love.

5 Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.(KJV)

**Heb 12:1-4**

29 For our God is a consuming fire.(KJV)