

“...let us **lay aside**...” 12:1

A W Pink: “...the Christian's twofold duty is given again and again in the Scriptures: the duty of mortification and of vivification, the putting off of the 'old man' and the putting on of the 'new man' (Ephesians 4:22-24).”

External Temptations: “...every weight...”

The author has in view primarily **the burdens placed upon God's people by the imposition of legalistic demands** which go beyond the duties actually required by God's word: Matthew 23:4; Luke 11:46; Hebrews 7:18-19; 8:7; 10:1-4

Acquiescence to the demands and expectations of others as it relates to cultural, political, and social concerns: “a multitude of cares which many of God's people impose upon themselves.”

The immoderate use of things which God has otherwise given is richly to enjoy (1 Timothy 6:17)

“It is not the lawful use of God's creatures, but the intemperate abuse of them which Scripture condemns. More die from overeating than from over drinking. Some constitutions are injured as much by coffee as by whiskey.” Pink

Indwelling Sin: “...and the sin which doth so easily beset us...”

“...**cast off** the works of darkness...put on the armor of light.” Romans 13:12

“...**put off**...the old man, which is corrupt according to the deceitful lusts.” Ephesians 4:22

“...**putting away** lying, speak every man truth...” Ephesians 4:25

“...**put off** all these: anger, wrath, malice, blasphemy, filthy communication...” Colossians 3:8

“...**lay apart** all filthiness and superfluity of naughtiness...” James 1:21

“...**laying aside** all malice, and all guile, and hypocrisies, and envies, and evil speakings...” 1 Peter 2:1

“The call to the daily mortification of our hearts to all that would mar communion with Christ...everything which requires us to take time away from God-appointed duties. Everything which tends to bind the mind to earthly things and hinders our affections from being set on things above, is to be cheerful relinquished for Christ's sake.” Pink

How do I lay aside sin? Ephesians 4:22 and Romans 6:11-12

“By faith's recognition of my legal oneness with Christ, and by drawing from His fullness. Indwelling sin is to be laid aside by daily mortification (Romans 8:13), by seeking grace to resist its solicitations (Titus 2:11-12), by repenting, confessing, and forsaking the effects of its activities (Proverbs 28:13), by diligently using the means which God has provided for holy living (Galatians 5:16).

“For consider him...” 12:3

“Looking” in verse 2 is *aphorāō* meaning to turn the eyes away from other things and fix them on something

“...consider...” in verse 3 is *analogizomai* which means to estimate (the value)

The same Greek word is translated “proportion” in Romans 12:6. A. W. Pink says the word means “to compute by comparing things together in their due proportions...to form a just and accurate estimate.”

To consider Jesus in this context means “to draw an analogy between his sufferings and yours, and what proportion there is between them!” Compare who he was with who you are. Compare the opposition he faced with the opposition you face. Consider that he is your Lord and Redeemer and you are a sinner subject to him, and yet HE ENDURED such hostility. Why should we think ourselves ill-treated when we suffer so much less than our Master, Lord, and Savior suffered.

“...lest you be **wearied and faint**...consider him” 12:3

“*wearied*” is to be so exhausted that resolve is broken, giving way to casting away your confidence and drawing back unto perdition (10:35-39)

“*faint in your mind*” is the cause of such discouragement (fainting). This faintness of mind is the opposite of the spiritual vigor required by an active and obedient faith. Only an active faith modeled after the faith of Jesus (see last week’s notes for the particulars of Jesus’s active faith) will guard your mind against fainting which leads ultimately to despair and denial of the faith.