

忍耐奔跑 Running with Endurance

1. Remember the cloud of witnesses,  
v. 1 記念雲彩般的見證人(1節)
  - a. Witnesses to us 向我們作的見證
  - b. Witnesses of us 我們所作的見證



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2. Lay aside every weight and sin,  
v. 1 脫去纏累我們的罪(1節)
  - a. Lay aside every weight 脫去纏累
  - b. Lay aside sin 脫去罪
3. Look to Jesus, v. 2 仰望耶穌(2節)



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