

**“WHAT’S YOUR KRYPTONITE”****Pastor Mike Corwin****TEXT: HEBREWS 12:1-3****GOD’S WORD: COLOSSIANS 3:1-11****I – SUPERMAN:**

Most of you, my age or older, will remember hearing on the radio or the TV – “faster than a speeding bullet...more powerful than a locomotive...able to leap tall buildings in a single bound...Look, up in the sky! It’s a bird, it’s a plane!...It’s superman! And then we knew it was time to sit down to listen or to watch the latest episode of the superhero Superman.

He was created by the minds of men in Cleveland, Ohio and made his debut in Action Comics #1 on April 18, 1938 and he has entertained us and amazed generations of people ever since. How could you not like a man who came to earth to avoid destruction, was stronger than any human being, could fly, think faster, run faster, freeze things with his breath, and on top of it all had x-ray vision. He could do anything, especially what we couldn’t. I know he was sometimes given a darker side in the modern movies, but not in the original shows. He was truly a hero who watched over and protected the people of this planet. He was invincible and could not be defeated. He had no weaknesses...except one.

Kryptonite! Kryptonite was the radioactive element from his home planet of Krypton. When he got close to its ore form he was sapped of all his strength and super powers. He was rendered helpless and as vulnerable to life and death as each one of us is. With Kryptonite the speeding bullet could kill him, the locomotive could crush him and he would be lucky to step over an ant hill! He was no longer a hero and couldn’t help himself, let alone others.

**II – CHRISTIAN KRYPTONITE:**

So, as I was remembering my childhood and the days of superman and how his nemesis Lex Luther used Kryptonite to try to bring down Superman. I started wondering what our Kryptonite is. We have an opponent who prowls this earth and

tries to separate us from God and our Salvation. He too has this Kryptonite in various forms to try to destroy us. Just living in this world exposes us to these energy and life sucking things. In the garden he used fast talk and a sales pitch to initiate this thing called sin into our lives. That sin is the Kryptonite that weakens us in our relationship to God our Creator.

In his letter to the Colossians you heard read this morning the Apostle Paul gave a list of the examples of things that took the people away from Jesus and their relationship with God. The list I see in this Scripture did not end in that generation, but each one of them can be our Kryptonite today: Sexual Immorality, moral corruption, lust, evil desire, greed (idolatry), anger, rage, malice, slander, and obscene language. Have you watched the news lately...have you walked outside among the people lately...have you listened to the conversation of the people around you – no matter what the age? And we can add to the list Paul gave us can't we? How about laziness, how about addiction, how about child abuse, how about addiction, how about bullying, how about gluttony, how about lying, and that's probably the short list!

As I think about celebrating our youth today and the fact school has started up again I worry about kids who will be bullied, about kids who are made fun of because of their dress, intelligence level, kids who will enter into promiscuity which can lead to diseases and unwanted pregnancies, kids who will be offered substances that leads to addiction, kids who may become the sexual fantasy of bad teachers. How do we prepare them to withstand such things? How do we ourselves get away from the Kryptonite and become the super men and women God created us to be?

### **III – TEXT:**

The answer is simple and is found in this short passage of Scripture this morning.

#### **Hebrews 12:1-4 (CEB)**

<sup>1</sup> So then let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let's throw off any extra baggage, get rid of the sin that trips us up, <sup>2</sup> and fix our eyes on Jesus, faith's pioneer and perfecter. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right side of God's throne. <sup>3</sup> Think about the one who

endured such opposition from sinners so that you won't be discouraged and you won't give up.

In this passage we are given the image of a race we are running. The race isn't around a track, it's through a life. Everyone who is ever born is in this race, but it's up to each of us how to run it. And we aren't the only ones who have ever been in the race. We can imagine it's a relay race and those who have run it before have handed off the baton to those who came after until it was finally handed off to us and someday we will hand it off to the next generation. Then, like them, we will become the witnesses. And this isn't a sprint or dash, this is an endurance race. One we run until we die.

If we are going to be in this race, if we are going to run it successfully we have to get rid of anything that weighs us down, anything that can keep us from running to the best of our ability and finishing the race crossing the finish line in heaven. The biggest baggage we can carry, the most weight, is caused by sin. Sin gives us muscle cramps, sin slows us down, and sin takes our eyes off the finish line. To make it to that line successfully we have to get rid of the sin in our lives, try to live without sinning, and we do that by keeping our eyes and heart firmly fixated on the one who ran the race before us and leveled the track so we can run it too. Jesus. Without him there is no faith. He started it, he ran the race first, and with him we all can finish it.

And at the end, if we run the race right, there will be joy. Jesus found his joy at the end of the race in two ways. He gave up heaven to come and run the race and by finishing it he got the joy of returning there. He also won the joy of knowing his race resulted in the salvation of all of humankind and we would join him if we run the race right and cross the line with him in our hearts.

Our race is a whole lot easier than his. We are not called to do anything he didn't already do. And he'll meet us at the finish line. Our job is to keep running and don't fall and collapse before we get there.

When it comes to striving for perfection, to keeping the faith, to serving God, I think I want to fall across that line in a dead sweat – no pun intended.

#### **IV – POWER TO RUN:**

And here's the really Good News! You have power to run like any super hero that has ever been thought of.

- You are created in the image of God, the Father Almighty.
- You've been washed in the blood of his only Son Jesus.
- You are powered internally by God's Holy Spirit who lives in you when you accept Jesus as your Lord and Savior.
- Your faith can move mountains.
- Your faith can get you through trying times.
- With your faith you can tell the enemy to buzz off and leave you alone.
- That enemy has already been defeated and with him so has sin and death.
- You have the power of prayer to ask for the help you need.
- There is power in the name of Jesus – he is the King of kings and the Lord of lords. There is no Kryptonite that can stop him and because of that there is none that can stop you!

## **V – RUN THE RACE:**

Superman defeated the Kryptonite by getting away from it. It had no effect on him when he removed himself from where it was at. You must do the same. Whatever your Kryptonite is you need to get away from it. You need to remove yourself from its area of influence in your life. Cast off the weight that is slowing you down, that is hindering your relationship with God, that keeps you from actively participating in the Church and serving God through its ministries, anything keeping you from running the best race you can run.

You do that by practicing the Christian disciplines:

- Reading and meditating on the Scriptures
- Praying
- Attending Worship / Fellowshiping
- Giving back to God – money / time / service

And here's some more Good News today. Superman had all kinds of super powers, but you have Jesus and there is no more power than the name of Jesus! Superman had a cape...but you have a cross.

SO.....RUN CHRISTIAN, RUN! AMEN