

## I. Introduction:

Have you disciplined yourself for something? How did you discipline yourself?

## II. Study: Hebrews 12:1-11

<sup>12</sup> Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

### Do Not Grow Weary

<sup>3</sup> Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. <sup>4</sup> In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup> And have you forgotten the exhortation that addresses you as sons?

“My son, do not regard lightly the discipline of the Lord,

nor be weary when reproved by him.

<sup>6</sup> For the Lord disciplines the one he loves, and chastises every son whom he receives.”

<sup>7</sup> It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup> If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup> Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup> For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup> For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

## III. Observation:

1. What are some repeated words or phrases in this section?
2. What is the “cloud of witnesses” (v1)?
3. What is discipline? How is it different from “training”?

## IV. Interpretation:

4. Why does the author use the analogy of running a race? What type of race is it?
5. What is meant by “sin” in verse 4? What does it mean to resist sin “to the point of shedding your blood”?
6. In what ways is God disciplining these early Christians? What exactly is the discipline that he’s referring to? (v7)
7. Not all of us “respected” our fathers for the discipline they gave us (v9). How then should we think about God’s discipline?
8. Do you agree with verse 11? Does persecution and suffering yield righteousness? Does it produce peace?

## V. Application:

The book of Hebrews has been arguing that Jesus is better. It has been arguing that the confidence we have in approaching God, what we have in Jesus, is so much better than anything we’ve left behind. While we may not have persecution to hinder us from our goals, are you willing to endure difficulty, pain and struggle in order to push for the better? In order to get Jesus?

9. What are some of the things that are weighing you down in your pursuit of Jesus?
10. In what ways can you discipline yourself in order to push for the better?