

Hebrews

Hebrews 12:1-13

Lesson 20: Running with Endurance and Discipline

1. Who surrounds us as we run our race? (12:1)
 - What two things should we lay aside?
 - With what should we run the race set before us?
 - For what purpose do we run this race? (see 1 Corinthians 9:24; 2 Timothy 4:7-8)
2. To whom should we look? (12:2)
 - Jesus is both the _____ and the _____ of our faith.
 - For what reason did Christ endure the cross?
 - What did He despise?
 - What other words are used in the following passages to describe the shame associated with being crucified?
 - Acts 8:33
 - Galatians 3:13
 - Galatians 5:11
3. For what purpose should we consider Jesus and the hostility that he endured? (12:3-4)
 - We have not had to strive against sin to the extent of doing what?
4. What exhortation had the Hebrew Christians forgotten? (12:5; cf. Proverbs 3:11-12)
 - What does the Lord do to those whom He loves and receives? (12:6)
 - The word translated *chastening* or *discipline* refers to training a child through teaching, correction, rebuke or the rod of corporal punishment.
 - What does Christ do to as many as He loves according to Revelation 3:19?
 - Why was Paul given a thorn in the flesh according to 2 Corinthians 12:7?
 - From your answers to the previous two questions, can you name two ways that God disciplines us?
5. If we endure chastening, it means that God is dealing with us as what? (12:7)
 - If we fail to endure chastening, what does it indicate about our relation to God? (12:8)
 - Notice that everyone partakes of chastening, but not everyone is willing to endure it.
6. What did we give our human fathers when they corrected us? (12:9)
 - Why does it make even more sense to honor and submit to our heavenly Father?
 - Why did our human fathers chasten us? (12:10)
 - Why does God chasten us?
7. While chastening is unpleasant and painful when it is given, what does it yield afterward for those who receive it? (12:11)
 - From Psalm 119:67 and 71, what is one benefit of being afflicted?
8. In Hebrews 12:12-13, what three things are the Hebrew Christians told to do to overcome their spiritual lameness? (cf. Isaiah 35:3-4; Proverbs 4:26)