

LESSON TEN OUTLINE

HEBREWS 12: 3-17

- I. The big picture
 - A. Racing metaphor- run with endurance fixing your eyes on Jesus
 - B. It is a race we are privileged to run!
- II. v. 3-11 Suffering as discipline
 - A. v. 3 Consider Jesus- He is the answer to 'why'
 - 1. He endured hostility from each of us
 - B. v. 4-5A aspects of weariness and losing heart
 - 1. v. 4 you have not resisted to the point of death
 - a. Jesus has and He must empower you
 - b. He has come to liberate them/us from slavery to fear of death
 - 2. v. 5A you have forgotten your identity as sons/daughters
 - C. v. 5B-6 grounding our identity in Scripture- Proverbs 3:11-12
 - 1. Thinking about discipline
 - 2. v. 5B two extremes
 - a. Regard lightly- ignore, disdain- God's discipline
 - b. Lose heart/ faint at His correction
 - 3. v. 6 Why?
 - a. The Lord disciplines/trains those He loves
 - b. Scourges/ corrects/ chastises those He receives as His own
 - D. v. 7-8 true vs. illegitimate sons
 - 1. v. 7 it is for discipline you endure> NOT to atone for your sins
 - a. Teaching, training, and correction are evidence of true sonship
 - b. Jesus suffered to redeem them/us from sin
 - c. God now trains us as true daughters/sisters of Christ to transform us into His image to bring His message to a hostile fallen world
 - 2. v. 8 lack of discipline signifies illegitimacy
 - a. We are fallen and need training and correction to be all He designed us to be
 - E. v. 9-10 earthly fathers vs our heavenly Father
 - 1. v. 9 if earthly fathers receive respect, submission to our heavenly Father ought to be immeasurably greater as it leads to life abundant and eternal
 - 2. v. 10 Why? Because their discipline was brief, tainted by the fall, based on human judgment, while His is always for our benefit/ good/ profit
 - a. His leads to sharing His holiness- to be more like Him every day
 - b. This is to truly be ourselves unhampered by the deformities of sin
 - F. v. 11 summary of discipline
 - 1. Not joyful in the moment- it is hard!
 - a. God knows this and doesn't expect us to be fake
 - b. There are tears, grief, lament- Jesus modeled this!
 - 2. YET its result is peace and righteousness- being like our Savior!
 - a. Fighting the training leads to more suffering, submitting to peace and righteousness

- b. Levi's comment- In heaven we will always do what we want because we will only want what God wants!

III. v. 12-17 how does this concept of discipline change the race?

- A. v. 12-13 preparation to get back in the race
 - 1. v. 12 strengthening weak hands and knees- feed the soul w/ encouragement of being true daughters disciplined for holiness
 - 2. v. 13 straight paths- fixing their eyes on Jesus for strength
 - 3. Purpose- keep on the race marked out for you, not stumbling others, looking to Jesus and pointing others to Him
- B. v. 14-16 one sentence> 'pursue' is the main verb
 - 1. v. 14 pursue peace and sanctification
 - a. Peace along with all to preserve the community
 - b. Sanctification- Jesus sanctifies you to cross the line and see Him
 - 2. v. 15-16 'seeing to it' is to be vigilant over one another, mutual care
 - a. Coming short of grace= forfeiting it by carelessness, unbelief
 - b. Root of bitterness> not in your heart, but a person who brings bitter unbelief into the community and causes trouble to all
 - c. Immorality and godlessness- commonality is no tolerance for delayed gratification> this is the opposite of what the author is exhorting
- C. v. 17 the sad ending of Esau
 - 1. Evidence of bitterness> he blamed Jacob for his own godless unbelieving behavior
 - 2. Tears were not in repentance for his rejection of his birthright but in rage, bitterness> desire to kill Jacob

IV. Implications

- A. Your sufferings are part of God's discipline as you run the race He has set before you.
 - 1. They are not to atone for your sins- only Jesus could do that
 - 2. They are to train you and mold you into the image of Jesus, to share God's holiness- they prove you are HIS!
 - 3. Though they are not joyful in the moment, they have the purpose of resulting in peace and righteousness
 - 4. You do not need to pretend that there is no pain or sorrow- lament with Jesus
- B. When you sin, your Father's corrections are also an indication that you are His
 - 1. They are designed to preserve peace w/ Him and w/ your fellow saints
- C. God's community is His gift to you
 - 1. We each run different races marked out for us
 - 2. But we race together to our Savior, expending ourselves to help one another!

THINKING ABOUT HEBREWS 12: 3-17

1. Why do you think that pondering how Jesus endured hostility by sinners is the antidote to weariness and loss of heart? What attributes of Jesus especially stand out to you as you consider His identity and His sacrifice?

2. The phenomenon of ‘the wall’ in a long-distance race can be prevented/ treated in several ways, including:
 - a. fixing your mind on a higher goal- who is your destination?
 - b. Good nutrition and hydration before and during the race- what are you feeding on?
 - c. recruiting a partner- who is the most important partner?
 - d. turning to the crowd (cloud!) of witnesses for support

How has the author pointed to some of these ways of preventing weariness and losing heart in the race marked before you to your Savior?

3. What has been your immediate reaction to the word ‘discipline?’ When you read the words from the passage “the discipline of the Lord,” what comes to your mind? Has your initial reaction changed as a result of the author’s teaching? How would you define ‘discipline?’

4. Explain in your own words the meaning of the statement “it is for discipline that you endure.” How is what you are enduring different from what Jesus endured? Why is it so important that you understand why you are enduring challenges? How does the author use this to encourage you in v. 7-8?

5. How have you experienced the Lord’s discipline in your life, both in terms of training and correction? What does this mean about your relationship with Him?

6. How is an earthly father's discipline different from that of our heavenly Father? What is the goal of our Father's discipline? What do you think it means to share His holiness?

7. How can resisting or resenting God's discipline rob you of peace and the spiritual development He intends for you? v. 11

8. In v. 12-13 you are encouraged to strengthen drooping hands and weak knees, as well as to make straight paths for your feet. What are some practical ways of doing this when you are weary and losing heart?

9. How does reading v. 14-17 in terms of community change the way you have previously thought about the body of Christ? What does it mean to pursue peace together?

10. What does the author mean by a 'root of bitterness' in this passage? Is this different from the way you have previously thought about this verse? What would it look like to be vigilant against this?