

Hebrews 12:1-29 Therefore, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. **v1-2**

For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin. And you have forgotten the exhortation which speaks to you as to sons: "My son, do not despise the chastening of the Lord, Nor be discouraged when you are rebuked by Him; For whom the Lord loves He chastens, And scourges every son whom He receives." **v3-6**

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate & not sons. Furthermore, we have had human fathers who corrected us, & we paid them respect. Shall we not much more readily be in subjection to the Father of spirits & live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. **v7-11**

Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; lest there be any fornicator or profane person like Esau, who for one morsel of food sold his birthright. For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears. **v12-17**

For you have not come to the mountain that may be touched and that burned with fire, and to blackness and darkness and tempest, and the sound of a trumpet and the voice of words, so that those who heard it begged that the word should not be spoken to them anymore. (For they could not endure what was commanded: "And if so much as a beast touches the mountain, it shall be stoned or shot with an arrow." And so terrifying was the sight that Moses said, "I am exceedingly afraid and trembling.") **v18-21**

But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels, to the general assembly and church of the firstborn who are registered in heaven, to God the Judge of all, to the spirits of just

men made perfect, to Jesus the Mediator of the new covenant, and to the blood of sprinkling that speaks better things than that of Abel. **v22-24**

See that you do not refuse Him who speaks. For if they did not escape who refused Him who spoke on earth, much more shall we not escape if we turn away from Him who speaks from heaven, whose voice then shook the earth; but now He has promised, saying, "Yet once more I shake not only the earth, but also heaven." Now this, "Yet once more," indicates the removal of those things that are being shaken, as of things that are made, that the things which cannot be shaken may remain.. **v25-27**

Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear. For our God is a consuming fire. **v28-29**

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Heb 12:7-11 If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate & not sons. Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

Heb 12:12-13 Therefore, strengthen the hands that are weak and the knees that are feeble, and make straight paths for your feet, so that the limb which is impaired may not be dislocated, but rather be healed.

1. Therefore, strengthen the hands that are _____?
2. Therefore, strengthen the knees that are _____?
3. Therefore, make straight paths for your _____?
4. What are the two purposes of strengthening the hands and the knees; and making straight the paths for your feet?
 1. So the limb that is impaired will not be _____.
 2. So the limb that is impaired will be _____.
5. What does it mean if something is dislocated?

DISLOCATED: Something has been put out of place.

6. How does it feel when something is "out of place"? You MORE or LESS effective?

7. What does it mean if something is healed?

HEALED: To make free from injury or disease : To make sound or whole.

8. How does it feel when something is “healed”? You MORE or LESS effective?**9. If we want to be healed, what must we do and what must we consider?**

1 Samuel 30:6 Now David was greatly distressed, for the people spoke of stoning him,... But David strengthened himself in the Lord his God.

Heb 12:3-6 For consider Him who endured such hostility from sinners against Himself, lest you become weary & discouraged in your souls. You have not yet resisted to bloodshed, striving against sin. & you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the chastening of the Lord, Nor be discouraged when you are rebuked by Him; For whom the Lord loves He chastens, And scourges every son whom He receives.”

10. Can we (brothers and sisters) do anything to help each other in this life? What?

1 Thess 5:11,14 ...encourage one another and build each other up... And we urge you, brothers & sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone.”

Heb 10:24-25 ...consider how we may spur one another on toward love and good deeds, not giving up meeting together, ...but encouraging one another—and all the more as you see the Day approaching.

Ecc 4:9-10 Two are better than one,...If either of them falls down, one can help the other up.

Gal 6:2 Carry each other's burdens, & in this way you will fulfill the law of Christ.

Col 3:16 ...teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Pro 27:17 As iron sharpens iron, so one person sharpens another.

Isa 41:6 They help each other and say to one another, 'Be strong!'

Rom 14:19 ...make every effort to do what leads to peace & to mutual edification.

Heb 12:12-13 Therefore, strengthen the hands that are weak and the knees that are feeble, and make straight paths for your feet, so that the limb which is impaired may not be dislocated, but rather be healed.

11. Is Hebrews 12:12-13 referring to our physical condition (body)? What then?**12. What part of “you” gets discouraged or encouraged?**

13. What does God want us to do regarding our heart/minds?

Php 4:6-8 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; & the peace of **God**, which surpasses all understanding, **will guard your hearts & minds through Christ Jesus**. Finally, brethren, whatever things are true, ...noble, ...just, ...pure, ...lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—**meditate on these things**.

Isaiah 26:3 You [God] will keep in perfect peace **those whose minds are steadfast, because they trust in you**.

Rom 12:2 do **not be conformed to this world**, but be transformed by the **renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

Hebrews 12:14 Pursue peace with all people, and holiness, without which no one will see the Lord:

14. What are we to pursue with all people?

15. Define peace based on the context of the verse?

PEACE: A **state of tranquility*** or quiet, freedom from civil disturbance, a state of security or order within a community provided for by law or custom.

TRANQUILITY: 1. Living **free from agitation** of mind or spirit 2. **free from disturbance** or turmoil

16. Does pursuing peace mean we should let people physically hurt us?

17. Does pursuing peace mean we should let people financially ruin us?

18. Does pursuing peace mean we should let people mentally abuse us?

19. Does pursuing peace mean we should let people spiritually mislead us?

20. Has God provided systems and structures to deal with the issues above?

21. How do we sometimes not pursue peace with those close to us [family]?

22. Will it always work out the way we want? Will we always be at peace with all?

John 15:18-19 If the world hates you, you know that it hated Me before it hated you. If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.

Eph 5:11-12 ...have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret.

2Cor 10:3-5 For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Eph 6:11-13 For we do not wrestle against flesh & blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

23. What does it mean to pursue peace?

Rom 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

Mat 5:9 Blessed are the peacemakers, for they will be called children of God.

Rom 14:19 ...make every effort to do what leads to peace and to mutual edification.

Mat 5:23-24 ...if you are offering your gift at the altar & there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Pro 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

Col 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

24. If a situation arises where we cannot pursue peace, what should we do first?

James 1:5-6 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting,....

Hebrews 12:14 Pursue...holiness, without which no one will see the Lord:

25. We are commanded to pursue peace and to pursue _____?

26. Aren't you [Child of God] already holy?

Hebrews 10:8-10 9 then He said, "Behold, I have come to do Your will, O God." He takes away the first that He may establish the second. By that will we have been made holy through the offering of the body of Jesus Christ once for all.

Hebrews 12:14 Pursue...holiness, without which no one will see the Lord:

27. If we are already holy, what does it mean we should pursue holiness?

Rom 6:18-20 And having been set free from sin, you became slaves of righteousness. I ... For just as you presented your members as slaves of uncleanness, & of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness.

1Pet 1:15-16 But just as He who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'

Mat 12:50 For whoever does the will of My Father in heaven is My brother & sister and mother.

John 5:30 I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me.

John 14:12 "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.

PURSUING HOLINESS: The ongoing pursuit of moral purity and set apart [for God] living, that is demonstrated by actions; motivated by love for God, people, and the saints.

28. Does "pursuing holiness" (do righteous looking actions) make us holy?

Mat 6:1 Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

Mat 23:5 Everything they [Scribes and Pharisees] do is done for people to see: They make their phylacteries wide and the tassels on their garments long.

Isa 64:6 But we are all like an unclean thing, & all our righteousnesses are like filthy rags;

Hebrews 12:14 Pursue...holiness, without which no one will see the Lord:

29. What is the warning about seeing the Lord in Hebrews 12:14?

Matthew 7:21 Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven.

30. What is humanity's only hope to becoming holy? Evidence we are Holy?

Rev 3:21 To him who overcomes I will grant to sit with Me [Christ] on My throne, as I also overcame and sat down with My Father on His throne.

2Tim 4:7 I have fought the good fight, I have finished the race, I have kept the faith.

Matthew 10:22 ...he who endures to the end will be saved.

Hebrews 12:15 See to it that no one comes short of the grace of God; that no bitter root grows up and causes you trouble, and by it many become defiled;

31. See to it that no one comes short of the _____ of _____?

32. See to it that no bitter root _____ up?

33. What two things are going to happen if a bitter root grows up?

1. Cause us [and others] _____.

2. Many become _____.

34. What is bitterness? Where does it lead if it takes root in our heart/mind?

BITTERNESS: Carrying deep, lingering anger and resentment because they cannot let go of [perceived or real] past hurts or unfair treatment.

SIGNS OF BITTERNESS

Frequent Irritation: Snap at others or get annoyed by tiny, unimportant things.

Hold Grudges: Refuse to forgive past wrongs and keep bringing them up.

Complaining: Talk a lot about how life is unfair and how people have wronged them.

Lacks Joy: Struggle to be joyful, often expect the worst in situations and people.

Isolation: Push friends and family away because of their negative outlook.

Hebrews 12:16 No one should be sexual immoral or godless like Esau...who sold his own [Godly] birthright for a single meal.

35. No one should be like who? Why? Evidence of Esau's godlessness?

36. How did Esau treat [mindset] the birthright by selling it for a single meal?

Heb 12:17 For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.

37. Did Esau change his mind? About what? What didn't change? Result?

38. How did he seek the blessing? Yet Esau found no place for _____?

39. Did diligent tears lead to repentance? What kind of tears leads to repentance?

2 Corinthians 7:10 For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.