
RUN THE RACE TO THE END

HEB 12:1-14

Lean In

1. As a child, what kind of discipline did you hate? What discipline did you sometimes resent that you appreciate now?

Look Down

Read Hebrews 12:1-14

2. What is the “therefore” there for in v.1?
3. Who are the “witnesses” and in what way are they witnessing? How does the Greek word for “witness” (martyr) help in understanding this verse?
4. What is the difference between an “everything that hinders” and “sin that so easily entangles”? What kinds of things could hinder, but perhaps, are not sin?
5. How are does “looking to Jesus” (“consider him”) help in running the race that has been given you? What is the meaning of the phrase “founder [author] and perfecter of our faith” mean?
6. What role did Jesus play in the race of faith? What motivated Christ to endure the cross?
7. Who will God discipline? How will God discipline them? Why? If we endure discipline, how will God deal with us? If God does not discipline us, what are we? What does discipline yields?
8. What is the difference between punishment and discipline?
9. In what ways might God discipline us? If we suffer trials or hardships, does that mean we are being disciplined? How can discern whether a specific circumstance is discipline or not?

Look Out

10. Can you think of any people in the Bible who experienced discipline from the Lord?

Look In

11. What are some of the ways that God disciplines us? What is His aim?
12. Have you thought about the difference between a “weight” and a “sin” that would hinder you in making Christian progress? What are things that might weigh you down now?
13. What have you discovered that helps you keep your eyes fixed on Jesus?
14. Do you view the pain and sorrow you experience as direct intentional training from God? Or do you see God working in you through your pain as a recovery project; making the best out of a bad thing? How does this passage (12:5-11) help you in understanding the pain in your life? Do you find comfort and encouragement that there is nothing that God is not sovereign over?
15. How has God disciplined you in the past? How was that experience? Are you able to look in hindsight and see that it was “for your good”?
16. If you are a parent, what might change in the way you discipline your child as a result of this study?