

## Hebrews 12:1-13

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten that word of encouragement that addresses you as sons.. "My son, do not make light of the Lord`s discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

## Hebrews 12:1-13

Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

Therefore, since we are surrounded by such a great cloud of witnesses,

Spectators? Who is watching you?  
Demons, angels Or is it simply a large  
group of great examples?

1 Corinthians 4:9 For it seems to me  
that God has put us apostles on display  
at the end of the procession, like those  
condemned to die in the arena. We have  
been made a spectacle to the whole  
universe, to angels as well as to human  
beings.

Colossians 2:15 He disarmed  
the rulers and authorities  
and put them to open  
shame, by triumphing over  
them in him.



let us throw off everything (weight) that hinders and the sin that so easily entangles,

The writer is using athletic imagery - hindrances(unproductive) and sin (destructive)



and let us run with perseverance the race marked out for us.



Run = move

Persevere through pain

Stick to the track of God's plan for us

Let us fix our eyes on Jesus, the author and perfecter of our faith,

Our Great example  
and focus on the finishing line.

He gave us life and sustains it  
to the end



who for the joy set before him endured the cross, scorning its shame,

He saw beyond the cross

Endured – it was hard

But He disregarded the shame  
he was exposed to.



and sat down at the right hand of the throne of God.

Mission accomplished !

What a glorious outcome.

In the place of honour and power

Jesus is our example

(but there's more – He works in us to achieve it)

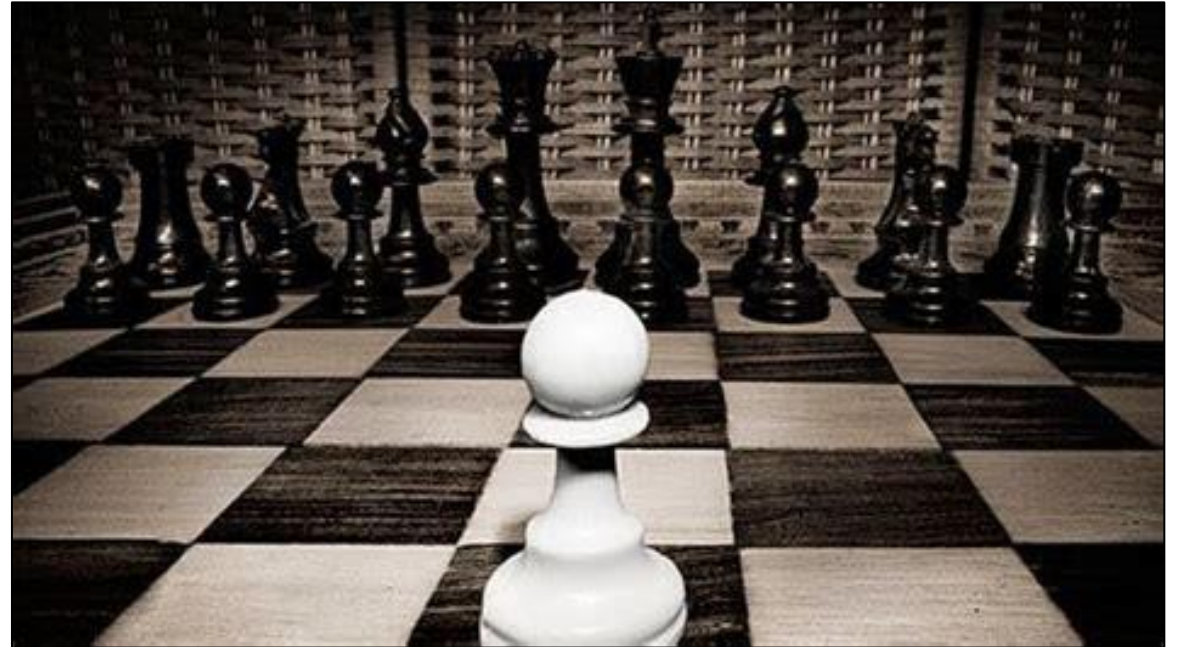




Consider him who endured such opposition from sinful men,

He has been through what you are facing

Hebrews 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.



We can expect opposition from the ungodly

so that you will not grow weary and lose heart.

Tiredness and exhaustion can easily lead to discouragement

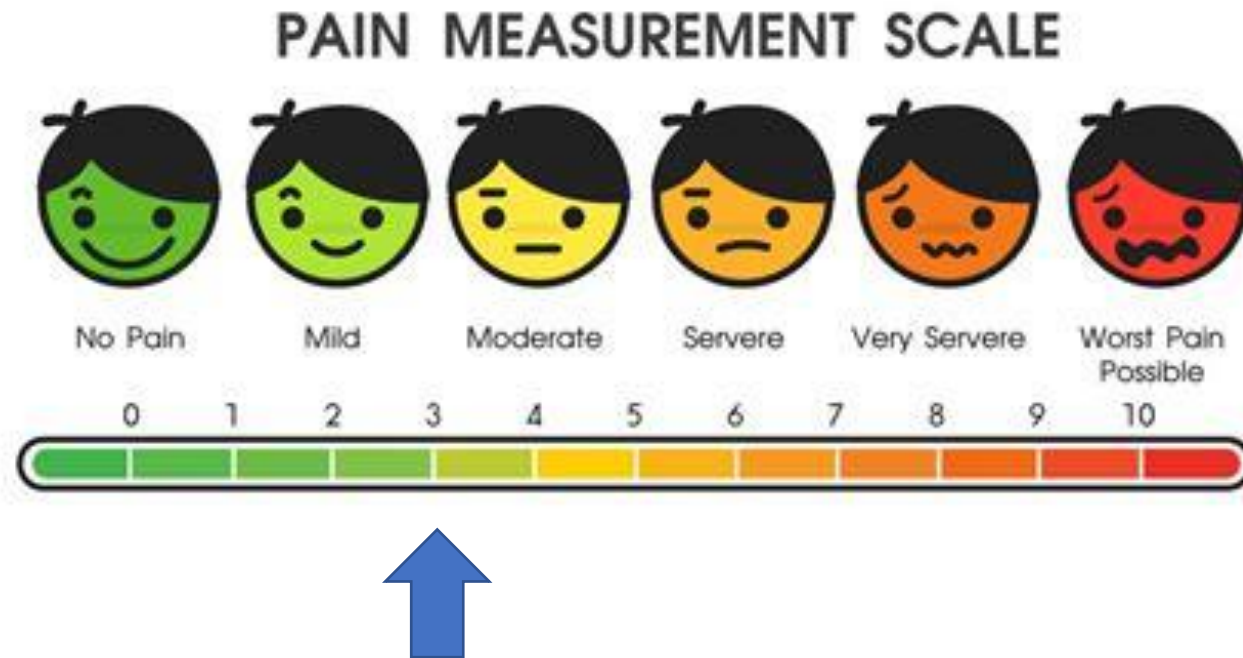


Recognise you are on course

It's not all going wrong

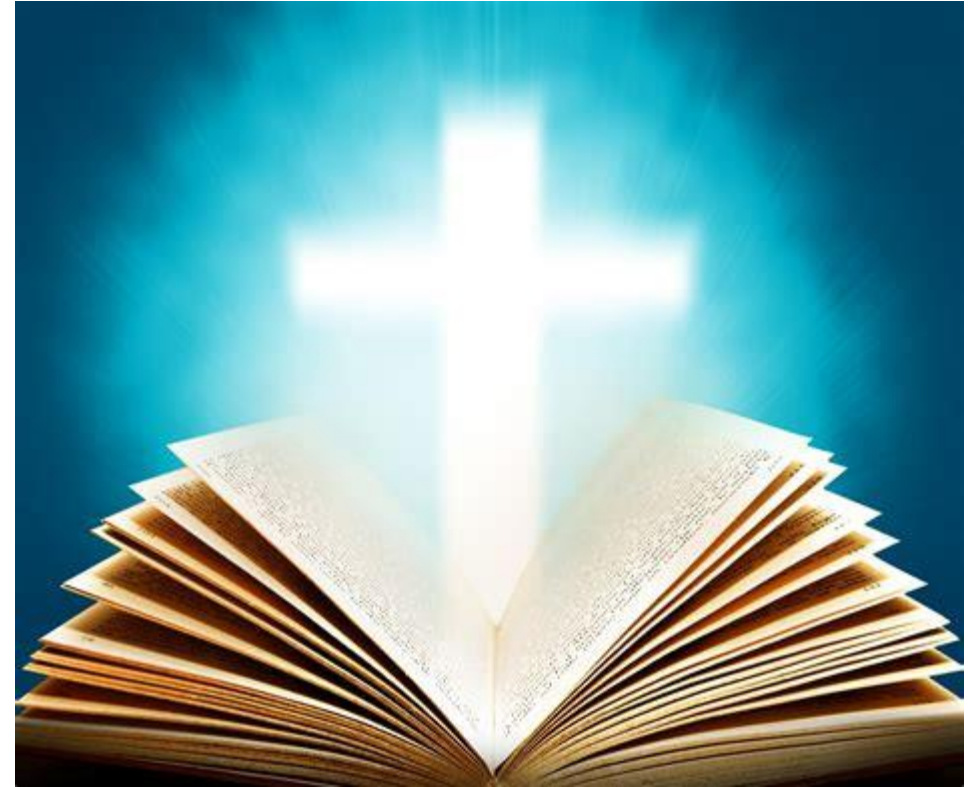
In your struggle against sin, you have not yet resisted to the point of shedding your blood.

It's not that bad - yet! (think of some of the previous examples)



And you have forgotten that word of encouragement  
that addresses you as sons..

Romans 15:4 For whatever was  
written in former days was written  
for our instruction, that through  
endurance and through the  
encouragement of the Scriptures  
we might have hope.



You are His children - Expect a father's help.

"My son, do not make light of the Lord's discipline,

Proverbs 3:11-12

Don't avoid or shrug it off

God's discipline is for our good



and do not lose heart when he rebukes you,  
because the Lord disciplines those he loves,

How do you react to criticism?

God's dealings are based on truth

He has a Purpose in it - His love is the  
driving force and He wants the best for us



and he punishes everyone he accepts as a son."

Punishes? Do deep faults need severe treatment?

You are His and He is making you like Him.



Endure hardship as discipline; God is treating you as sons.

See it from this perspective - there's a reason.





For what son is not disciplined by his father?

He assumes you know about  
'normal' family life:-

1, Father is there

2, He exercises discipline



If you are not disciplined (and everyone undergoes discipline),  
then you are illegitimate children and not true sons.

An assumption that isn't applicable to some now.

You don't see people disciplining  
someone who is not their child.

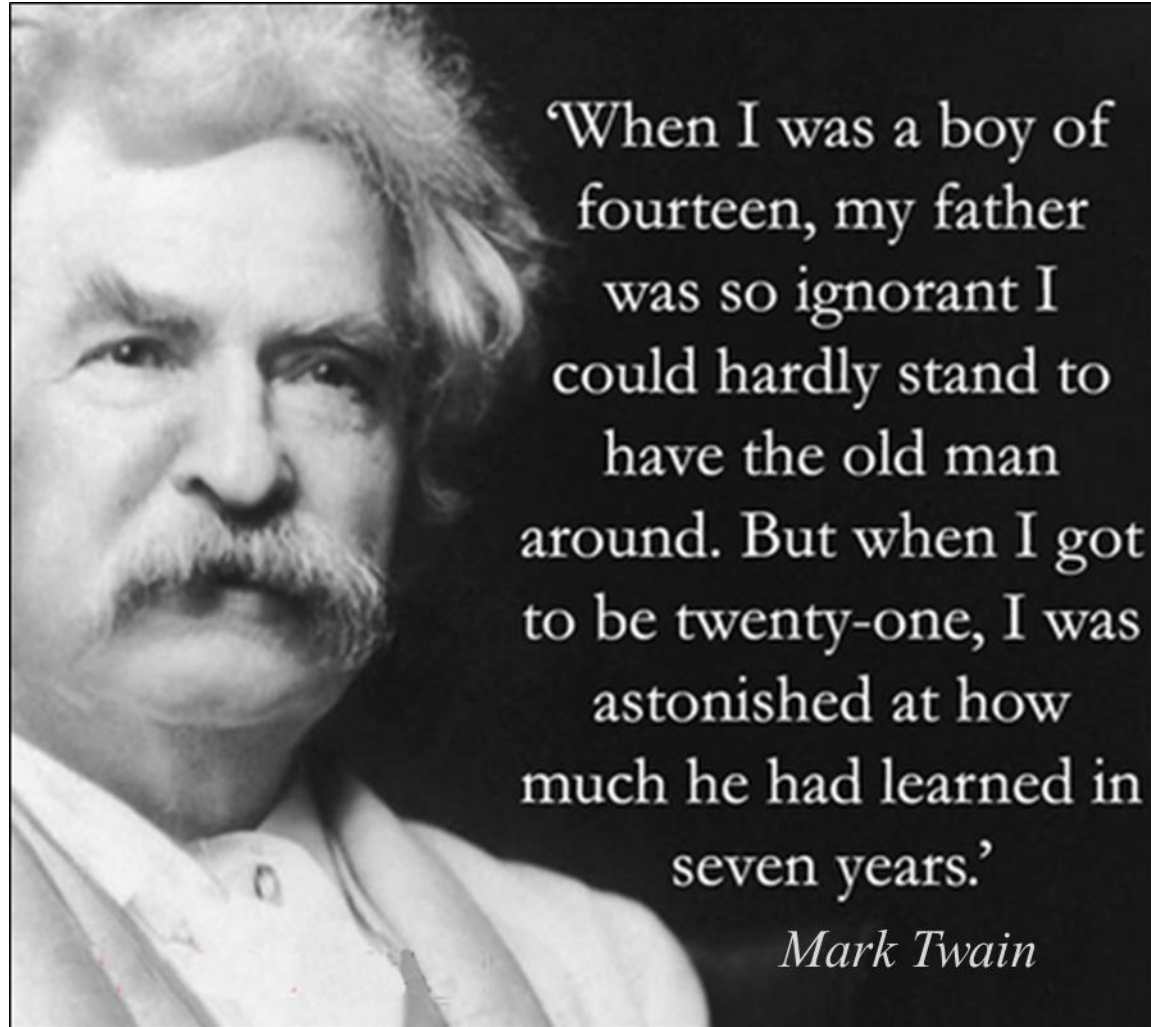


“No discipline” proves you don't belong

Moreover, we have all had human fathers who disciplined us  
and we respected them for it.

A human example

Is he appreciated  
at the time?



How much more should we submit to the Father of our spirits and live!

Our Heavenly Father acts at a much higher  
level than us.  
This leads to real life as we submit and learn



Our fathers disciplined us for a little while as they thought best;

Contrast this with earthly fathers:-

A short time (Have you grown up?)

They had limited knowledge of all the circumstances etc.

This is meant to be the role of a good father.



but God disciplines us for our good, that we may share in his holiness.

God knows what is best.

His intentions are right and for our real good

They result in our family likeness - God's objective



No discipline seems pleasant at the time, but painful.

The reality of the present trials.



(Why does God let me go through this?)

Later on, however, it produces a harvest of righteousness and peace for those who have been trained (gymnasium) by it.

Hindsight!

Patience will reveal he was right.

**Good results**

Right living (harvest - it takes time)

Peace - in our conscience

(having done the right thing)

- fellowship

A Disciple is someone undergoing training





Therefore, strengthen your feeble arms and weak knees.

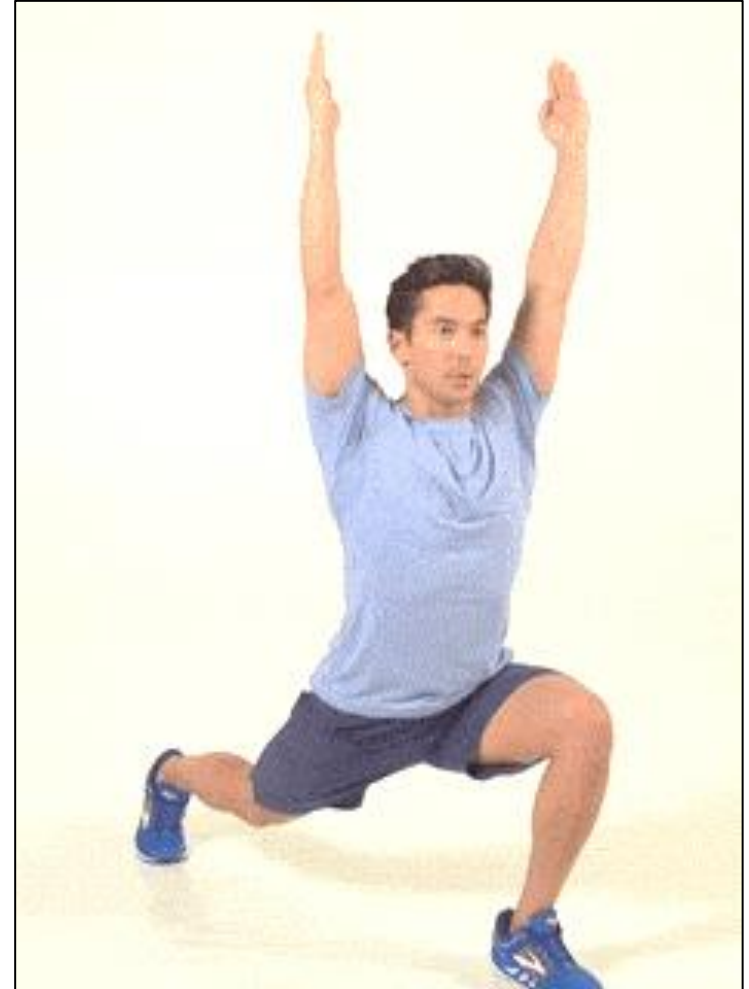
Isaiah 35:3

Exhortation – come on!

We need the right mindset –  
determination

We need to depend on his promise –  
a new heart

You can do it!



"Make level paths for your feet," (*prepare*)  
so that the lame may not be disabled, but rather healed.

Don't make life more difficult for your self

Doing the right now will strengthen you for the road ahead

Healed by new ways  
and it helps others who follow



## Proverbs 4:18-27

The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble.

My son, pay attention to what I say; listen closely to my words.

Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life.

Put away perversity from your mouth; keep corrupt talk far from your lips.

Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.