

Hebrews 12:1-29

May 8, 2024

I. Introduction

II. Read Hebrews 12:1-3

- A. What from Jesus' example does the author encourage the readers to follow? (12:2-3)
- B. Why follow Jesus' example according to the author? (12:3)

III. Read Hebrews 12:4-11

- A. What analogy does the author use to portray our relationship to God? (12:5-7)
- B. Why does God discipline us? (12:10-11)
- C. Is this analogy helpful?

IV. Read Hebrews 12:12-13

- A. What analogy is the author using? (12:12-13)
- B. What about the readers could be "drooping hands"? (12:12)

V. Read Hebrews 12:14-17

- A. What are the imperatives in 12:14-16?
- B. What's the story of Esau? (12:16-17)
- C. Why use the story of Esau?

VI. Read Hebrews 12:18-24

- A. What are the differences between the two mountains?
- B. What's the purpose of the analogy?

VII. Read Hebrews 12:25-29

- A. What is shaken?
- B. What's the purpose of the shaking? (12:27-28)

VIII. Lessons

- A. Look to Jesus as an example
- B. We are God's children
- C. Don't be like Esau
- D. Cling to Mt. Zion, not Mt. Sinai

IX. Prayer

Hebrews 12:1-3

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, ²looking to Jesus, the pioneer and perfecter of faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. ³Consider him who endured such hostility against himself from sinners, so that you may not grow weary in your souls or lose heart.

Hebrews 12:4-29

⁴In your struggle against sin you have not yet resisted to the point of shedding your blood. ⁵And you have forgotten the exhortation that addresses you as children—“My child, do not regard lightly the discipline of the Lord or lose heart when you are punished by him, ⁶for the Lord disciplines those whom he loves and chastises every child whom he accepts.”

⁷Endure trials for the sake of discipline. God is treating you as children, for what child is there whom a parent does not discipline? ⁸If you do not have that discipline in which all children share, then you are illegitimate and not his children. ⁹Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? ¹⁰For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. ¹¹Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

¹²Therefore lift your drooping hands and strengthen your weak knees ¹³and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

¹⁴Pursue peace with everyone and the holiness without which no one will see the Lord. ¹⁵See to it that no one fails to obtain the grace of God, that no root of bitterness springs up and causes trouble and through it many become defiled. ¹⁶See to it that no one becomes an immoral and godless person, as Esau was, who sold his birthright for a single meal. ¹⁷You know that later, when he wanted to inherit the blessing, he was rejected, for he found no chance to repent, even though he sought the blessing with tears.

¹⁸You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, ¹⁹and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. ²⁰(For they could not endure the order that was given, “If even an animal touches the mountain, it shall be stoned to death.” ²¹Indeed, so terrifying was the sight that Moses said, “I tremble with fear.”) ²²But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, ²³and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, ²⁴and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

²⁵See that you do not refuse the one who is speaking, for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! ²⁶At that time his voice shook the earth, but now he has promised, “Yet once more I will shake not only the earth but also the heaven.” ²⁷This phrase, “Yet once more,” indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. ²⁸Therefore, since we are receiving a kingdom that cannot be shaken, let us show gratitude, by which we may offer to God an acceptable worship with reverence and awe, ²⁹for indeed our God is a consuming fire.