**Hebrews Lesson 18 12:1-13**



**Hebrews 12:1-13 (NIV)**   
1  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.   
2  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.   
3  Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.   
4  In your struggle against sin, you have not yet resisted to the point of shedding your blood.   
5  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,   
6  because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."   
7  Endure hardship as discipline; *God is treating you as sons*. For what son is not disciplined by his father?   
8  If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons.   
9  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!   
10  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.   
11  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.   
12  Therefore, strengthen your feeble arms and weak knees.   
13  "Make level paths for your feet," so that the lame may not be disabled, but rather healed.



**Chapter 12**

[12:1](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A1) surrounded by such a great cloud of witnesses. The imagery suggests an athletic contest in a great amphitheater. The witnesses are the heroes of the past who have just been mentioned (ch. 11). They are not spectators but inspiring examples. The Greek word translated "witnesses" is the origin of the English word "martyr" and means "testifiers." They bear testimony to the power of faith and to God's faithfulness. run with perseverance. See [Ac 20:24](http://www.crossbooks.com/verse.asp?ref=Ac+20%3A24); [1Co 9:24-26](http://www.crossbooks.com/verse.asp?ref=1Co+9%3A24-26); [Gal 2:2](http://www.crossbooks.com/verse.asp?ref=Gal+2%3A2); [5:7](http://www.crossbooks.com/verse.asp?ref=Gal+5%3A7); [Php 2:16](http://www.crossbooks.com/verse.asp?ref=Php+2%3A16); [2Ti 4:7](http://www.crossbooks.com/verse.asp?ref=2Ti+4%3A7). The Christian life is pictured as a long-distance race rather than a short sprint.

[12:2](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A2) author and perfecter of our faith. That is, the beginner (cf. note on [2:10](http://www.crossbooks.com/verse.asp?ref=Heb+2%3A10)) and completer of faith—the One who went ahead of all believers in their faith and led on to its definitive goal, hence the perfect embodiment of faith and the supreme model for faith. joy set before him. His glorification at the Father's "right hand" (see note on [1:2-3](http://www.crossbooks.com/verse.asp?ref=Heb+1%3A2-3), No. 7; cf. [Isa 53:10-12](http://www.crossbooks.com/verse.asp?ref=Isa+53%3A10-12) and notes). endured the cross. See [Php 2:8](http://www.crossbooks.com/verse.asp?ref=Php+2%3A8) and note. scorning its shame. As with Christ, the humiliation of our present suffering for the gospel's sake is far outweighed by the prospect of future glory (see [Mt 5:10-12](http://www.crossbooks.com/verse.asp?ref=Mt+5%3A10-12); [Ro 8:18](http://www.crossbooks.com/verse.asp?ref=Ro+8%3A18); [2Co 4:17](http://www.crossbooks.com/verse.asp?ref=2Co+4%3A17); [1Pe 4:13](http://www.crossbooks.com/verse.asp?ref=1Pe+4%3A13); [5:1](http://www.crossbooks.com/verse.asp?ref=1Pe+5%3A1),[10](http://www.crossbooks.com/verse.asp?ref=1Pe+5%3A10)).

[12:3](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A3) Consider him. He suffered infinitely more than any of his disciples is asked to suffer—a great encouragement for us when we are weary and tempted to become discouraged. not grow weary. See [Gal 6:9](http://www.crossbooks.com/verse.asp?ref=Gal+6%3A9); [Rev 2:3](http://www.crossbooks.com/verse.asp?ref=Rev+2%3A3); cf. [Isa 40:28-31](http://www.crossbooks.com/verse.asp?ref=Isa+40%3A28-31).

[12:4-13](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A4-13) Encouragement to persevere in the face of hardship: an exposition of [Pr 3:11-12](http://www.crossbooks.com/verse.asp?ref=Pr+3%3A11-12).

[12:5](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A5) the Lord's discipline. Suffering and persecution should be seen as corrective and instructive training for our spiritual development as God's children.

[12:6](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A6) punishes. The Greek for this verb means "to whip." God chastens us in order to correct our faults.

[12:7](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A7) treating you as sons. God's discipline is evidence that we are his children. Far from being a reason for despair, discipline is a basis for encouragement and perseverance ([v. 10](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A10)).

[12:11](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A11) produces a harvest of righteousness. When received submissively (see [v. 9](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A9)), discipline is wholesome and beneficial.

[12:12](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A12) See [Isa 35:3](http://www.crossbooks.com/verse.asp?ref=Isa+35%3A3).

[12:13](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A13) Make level paths. A call for upright conduct that will help, rather than hinder, the spiritual and moral welfare of others, especially the "lame" who waver in the Christian faith.

**NIV Study Bible**.

**Open it**

2. How were you disciplined or corrected as a child?   
 **Spanked, time out, made to do chores I hated**

3. What do you think was good or bad about the way you were disciplined as a child?   
 **I feel now that it was deserved**  
  
**Explore it**

6. What kind of athletic imagery did the writer of Hebrews use in this passage? ([12:1](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A1))   
 **An Athlete**

7. What warning is given to those who would run the race of the Christian life? ([12:1](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A1))   
 **Lay aside the encumbrances and sins which entangles us**

8. What should be the focus of those who would live for Christ? ([12:2](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A2))   
 **Fix our eyes on Jesus who is our author and perfector of our faith**

10. What is the benefit of remembering what Christ has done? ([12:3](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A3))   
 **That we will not grow weary and lose heart**

11. What measures does the Lord sometimes take toward those who are His "sons"? Why? ([12:5-6](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A5-6))   
 **"MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM; 6  FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES**."

12. What do we learn about God from the fact that He disciplines us? ([12:6-7](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A6-7))   
 **He loves us as a father does and disciplines us to help us learn His truth**

13. What sobering truth can be inferred by those who never experience the discipline of God? ([12:8](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A8))   
 **That they may be illegitimate sons, and will NOT go to heaven**

14. Why does God discipline His children? ([12:9-10](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A9-10))   
 **He disciplines us as our earthly fathers do, for our own good, and we respect them for it as we should respect God for our heavenly disciplines**

15. In what sense does discipline have two sides? ([12:11](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A11))   
 **All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.**

**Get it**

18. What do you think it means to "fix our eyes" on Jesus? ([12:2](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A2))   
 **Make him our main focus of our lives, WWJD is an expression of this**

20. How can we tell when God is disciplining us?   
 **We get down, things don’t go right, it becomes a feeling in your heart**

22. How has God’s discipline made positive changes in your life?   
 **Covid Pneumonia recovery**  
  
**Apply it**

24. How can you focus your thinking on Christ this week?   
 **Read the bible more**

25. How could you call on your Christian friends this week to help you persevere as a Christian?   
 **Be there for them and encourage them, however is best for them.**