

Lesson 19
Hebrews 12:1-17

Read Hebrews 12:1-3

1. Who is the great cloud of witnesses the author refers to in verse 1? What might his readers have had in common with them? What do you have in common with them?

2. Verse 1 tells us to lay aside weights and sin while running the race. What weights and sins hinder you in your race?

3. What five actions does verse 2 state that Jesus has done on our behalf?

4. Verse 3 tells us to consider Jesus. What suffering did His race include? How is it helpful for us to consider his suffering as we run our own race?

Read Hebrews 12:4-11

5. These verses discuss discipline. Look up the definition of the verb discipline. Why is discipline a necessary part of life? What is the difference between discipline and punishment?

6. How do these verses compare and contrast the discipline from earthly fathers with that of our heavenly Father?

7. What does verse 11 say is the result of discipline? Can you describe a time when you believe that you or someone you know has experienced God's discipline?

Read Hebrews 12:12-17

8. What are some of the directions given to believers in verses 12-16? Do you need to work on implementing any of these in your own life?

9. Read Genesis 25:39-34. What can we learn from the example of Esau?