

# Hebrews 12

## Chapter 12 Summary

- This chapter presents being a Christian like running a race. To successfully run the spiritual race before us, we must do two things. First, we must avoid being distracted and run with endurance (Hebrews 12:1). Second, we must keep our focus on Jesus (Hebrews 12:2-3).
- Hebrews 12:4-11 talk about the need for discipline. Discipline can be painful, but it is necessary. Christians should expect discipline from God at times.
- Hebrews 12:12-17 offer words of encouragement. As we run the spiritual race, we must encourage one another, be at peace with all men, and remain holy before the Lord. We need to avoid being like Esau. Remember, Esau gave up his birthright for one meal! We will also give up our inheritance if we leave Jesus.
- When God gave the Old Law to Israel at Mount Sinai, the people could not come near God. If they even touched the mountain, they would have died! It is not like this under the New Law. Through Christ, we have come to spiritual Mount Zion. We have far more access to God than Israel did under the Law (Hebrews 12:18-24).
- The chapter closes with a final warning against being disobedient to the Law of Christ (Hebrews 12:25-29)

## Chapter 12 Questions

- What things are needed to run the spiritual race before us successfully? See Hebrews 12:1-2.
- Does God discipline His children today? If so, how? See Hebrews 12:4-11.
- What contrasts are given between Old Israel and Christians in Hebrews 12:18-24?
- What stands out to you from the warning given to the Hebrew Christians in Hebrews 12:25-29?