

Hebrews 12

Lesson 12

I. What do you think are the main ideas/themes of Hebrews 12:1-17?

II. Breaking Down the Text

A. Hebrews 12:1-3

1. Thinks about the analogy the writer is making to athletic games. How does this apply to the exhortation given?
2. Why are "weights" and "sins" distinguished?
3. What was the "joy set before" Jesus?
4. How can we learn to "despise" the shame that the world throws our way?

B. Hebrews 12:4-11

1. In the context of Hebrews, what is the "discipline" the audience is going through?
2. What might be other ways that God "disciplines" us?
3. Often we think of discipline as punishment. Is this section talking about punishment?
4. According to the text what is implied when a father disciplines his child?
5. What are the benefits of being disciplined?

C. Hebrews 12:12-17

1. How can verses 12-13 be applied personally and as a church?
2. What is a "root of bitterness"?
3. How could we act like Esau with our inheritance today?

D. Hebrews 12:18-29

1. What contrasts do you see between Mount Sinai and Mount Zion?
2. What does it mean that God will "shake" the heavens and earth "once more"?
3. What is the final warning given in this chapter?

III. In what ways does Hebrews 12:1-17 challenge you to grow?