



## Hebrews 12

Review

Faith, Hope, Love

Love and Good works can be difficult  
we have each other to help persevere

Chapter 12 gives more encouragement to persevere

Hebrews 12:1

-throw off everything that is holding you back  
\*things that you are trusting in that aren't Jesus  
\*sins - things in your life that don't please God  
-sin can cling like sand

-run the race

-Get rid of that bad and distracting stuff so we can go full ahead into the good stuff that God wants to use us to accomplish

-the Greek word for race is connected to our English word for agony

3 things to look to to keep going

1) Jesus example

2) trials are really the means of our growth

3) we are called to serve an awesome and powerful God and we have don't want to miss the opportunity to come closer to him

-Trials are really the means of our growth

-the agony of the race is what can make us stronger

This can be hard for us to accept and would have been one of the most difficult things for the Jewish believers to accept

-Job

Hebrews 12:7-11

-Discipline - training not punishment

-Discipline shows that we are children of God

-you don't discipline random kids

-you discipline your kids because you love them and want to guide them in a good direction

-Discipline is painful while it is happening but it later bears fruit

Small Group

1) Of the things we've talked about which gives you the most encouragement to keep running the race?

2) What is something you have learned from a tough time in your life?