

## Hebrews Part Two

### Lesson #21, Chapter 12:1-6

Read Chapter 12 with a heart of anticipation for what the Lord will teach you out of His Word.

1. Verse 1 begins with “therefore” that is used with great emphasis here and indicates the author is summing up a major thought. What did you discover about what “therefore” is there for?
  
2. To gain a better understanding for the word *witnesses*, look up the following verses: Acts 10:39; Rom. 1:9; Heb. 10:28. What did you learn?
  - a. What does that great cloud of witnesses “witness” about? Don’t forget that verse 1 begins with “therefore,” which should help you figure out the answer to this question.
  
3. What picture is the author of Hebrews painting in verse 1 when he describes the Old Testament saints as that “great cloud of witnesses surrounding us?”
  
4. In what way are those witnesses of Jesus Christ to motivate us (verse 1)?
  
5. What two things are we to lay aside (verse 1)?
  - a. Define *lay aside* (NIV *throw off* [Strong’s #659]).

b. Define *encumbrance* (NIV *hinders*; ESV, KJV *weight* [Strong's #3591]).

6. What do you learn about sin from verse 1?
7. Once we get rid of the things that hinder us, what are we to do according to verse 1?
8. Every believer has to run. As soon as you become a Christian, the race is before you. It is the course you are on. The question then becomes, "How will you run the race of the Christian life?" How can you show your commitment to running with endurance according to verse 1? How are you running right now—at this point in your life? Do you need to make any changes to your running pace?

TO RUN THE RACE WITH ENDURANCE

"To be successful you need a unique mindset. You need the ability to deal with fatigue and discomfort. It's a skill that comes through repetition and hard training. You learn to keep going even when things feel horrible." Matt Aro, winner of two Double Ironman Triathalons

"You have to have the mindset of 'I'm going to finish no matter what.'" Matt Rinard, artist and Ironman Competitor

9. Fixing our eyes on Jesus is the key component to finishing this race well. Define *fixing* (ESV, NKJV *looking* [Strong's #872]).
  - a. What did Paul do to keep his gaze on Jesus? See Phil. 3:7-14; 2 Tim. 2:3-10; 4:7.

- b. What are some practical ways *you* can fix your eyes on Jesus?
10. What do you learn about Jesus from verse 2?
11. Define *author* (ESV *founder* [Strong's #747]).
- a. Define *perfecter* (NKJV *finisher* [Strong's #5051]).
- b. What does that phrase "the author and perfecter of faith" mean? See 1 Cor. 1:7-8; Phil. 1:6; Heb. 2:10; 10:14.
12. What was Jesus' motivation to endure the cross and shame according to verse 2?
13. What did Jesus know that we need to know? See Is. 53:10-12; Phil. 2:5-11; Heb. 2:7-9; 5:9.
14. What are you to ponder and to consider carefully about Jesus according to verse 3?
- a. How does His example help you not to grow weary or lose heart? See Phil. 3:10; 1 Pet. 2:21-25.

15. Though the Hebrew believers were besieged with difficulties and persecution, what are they reminded about that brings balance back to their world? See verse 4.
  
16. How would that bring balance to what anyone has been experiencing?

My trials have been fewer than my sins.  
—From *The Valley of Vision*<sup>1</sup>

17. What has been forgotten in the midst of the trials and persecution the Hebrew believers were experiencing? See verses 5-6.
  
18. How are the truths of verses 5-6 an encouragement in troubled times?
  
19. Define *discipline* (KJV *chastening* [Strong's #3809]).
  
20. According to verse 5, how are we to regard the discipline we receive from the Lord?
  
21. What are some practical ways you can apply that wisdom when you are being trained by the Lord?

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<sup>1</sup>*The Valley of Vision*: a collection of Puritan Prayers. Edited by Arthur Bennet.

22. What is crucial to remember when you are being trained (verse 6)?
23. Which verse from the following list is encouraging to you and why? See Deut. 8:2-5, 16; Prov. 3:12; Ps. 119:71, 75-76; Lam. 3:27-33; James 1:2-4; 5:11; Rev. 3:19.
24. Think about the events and circumstances of your life. Then consider that there is not one part of your life that God cannot or will not use to train you, His child. He does these things; He allows these things; He orchestrates these things for your good. Do you believe it? And if you do, how do you show that you believe it?

Samuel Rutherford not only accepted the discipline of the Lord in His life, he ran to the rod and kissed it, so eager was he to grow more like the Christ he loved. The following quotes are from the little book of his collected sayings called, *The Loveliness of Christ*.

Why should I be afraid at the plow of my Lord that makes deep furrows on my soul? I know He is no idle farmer; He purposes a crop.

I pray you learn to be worthy of His pains who corrects; and let Him wring, and wash you; for He has a Father's heart, and a Father's hand, who is training you up, and making you ready for Heaven.

O, what I owe to the file, to the hammer, to the furnace of my Lord Jesus! God has called you to Christ's side, and the wind is now in Christ's face in this land; and seeing you are with Him, you cannot expect the sunnyside of the slope.

I find crosses Christ's carved work that He marks out for us, and that with crosses He figures and portrays us to His own image, cutting away pieces of our ill and corruption. Lord cut, Lord carve, Lord wound, Lord do anything that may perfect Thy Father's image in us, and make us fit for glory.

*Discovering the Treasures of the Word*

Whether God comes to His children with a rod or a crown, if He come Himself with it, it is well. Welcome, welcome Jesus, what way soever Thou come, if we can get a sight of Thee: and sure I am, it is better to be sick, providing Christ come to the bedside and draw the curtains, and say, "Courage, I am thy salvation," than to enjoy health being lusty and strong and never to be visited by God.

Read and spell right, for He knows what He is doing; He is only lopping and pruning a fruitful tree, that it may be more fruitful.