



SUNDAY MORNING

AT BETHANY BAPTIST CHURCH

Title: Get Back Up

Passage: Hebrews 12:12-17

Speaker: Pastor Dan Preston

Introduction: Life has a way of knocking us down. As children, we fall and get right back up, but as adults, the falls are often far deeper. Disappointments, failures, burdens, and heartache can leave us wondering if we have the strength to keep going. Hebrews 12 speaks directly to those moments. After pointing us to the examples of faith in chapter 11 and reminding us to endure God's loving discipline, the writer now shows us why getting back up matters. Our race is no longer just about us. The way we respond to hardship can strengthen, encourage, and even point others to Christ. God still has people He wants to impact through our faithfulness.

I. Get Back Up Because Someone Needs Your Strength (Verse 12)

Every trial, every disappointment, and every painful season accomplishes something in our lives that comfort and ease never could.

The discipline of your Heavenly Father was never intended to leave you defeated. It was intended to leave you stronger.

You can love Jesus with all your heart and still have days that knock the wind out of you.



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Paul was writing to people who have been knocked down by life and need to hear God say, "Get back up. The race isn't over yet."

The Christian life has never been a solitary race where every believer struggles alone. God has placed us into a community of believers for a reason.

God strengthens weary believers, but one of His primary ways of doing so is through other believers.

The lessons we learn in the valley often become the very truths that sustain someone else in theirs.

II. Get Back Up Because Someone is Following Your Path (Verses 13-14)

Every believer ought to desire to walk in obedience to Christ.

Every believer has influence because every believer is walking a path that someone else can see.

People are constantly learning from the paths we choose to walk.

God never intended for weary believers to run this race alone.

God's desire is that those who are spiritually lame wouldn't be turned out of the way, but that they would be healed.

We keep getting back up after life knocks us down because someone is following the path we're leaving behind.

III. Get Back Up Because Someone Needs Your Watchfulness (Verses 15-17)



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One of the marks of spiritual maturity is that you eventually stop thinking only about your own walk with God and begin caring deeply about someone else's.

God restores our strength. He also enlarges our vision. We begin noticing the people around us.

Our culture tells us to mind our own business and let everyone live however they choose. But the family of God has never been built on that philosophy.

Sometimes the greatest act of love is simply noticing someone before the hurt has a chance to take root.

The church must lovingly watch over one another. Sometimes people don't need someone to preach at them. They just need someone to notice they're hurting before they make a decision they'll regret.

The greatest act of spiritual maturity is not running faster than everyone else. Sometimes it's simply stopping long enough to help someone else finish the race.

Conclusion: Church, as we leave today, let's remember that we're not called to run this race alone. God has placed us in a church family so we can encourage those who are struggling. If you've never trusted Christ as your Savior, today can be the day your race truly begins. And if you know Him, ask yourself, "Who needs me to look back?" A word of encouragement, a prayer, or a simple act of kindness may be exactly what someone needs to keep going.



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