

Heb 12:4-11

Discipline to Run the Race

- I. **Introduction:** The author of Hebrews urged his audience to accept the fatherly discipline of God so that they might become better runners in the race of faith.

- II. Discipline to Run the Race (**Heb 12:4-11**).
 - A. The Responses to Discipline (**vv. 4-5**).
 - 1. The author of Hebrews encouraged his Jewish audience to respond positively to God's discipline, rather than to treat it with indifference or despair.

 - B. The Evidences of Discipline (**vv. 6-8**).
 - 1. The writer of Hebrews challenged his audience to not become weary of God's discipline because it proves He loves them and they are His children.

 - C. The Advantages of Discipline (**vv. 9-11**).
 - 1. The author urged his readers to pay close attention to the discipline of God because it would produce peace, holiness, and righteous living.

- III. **Conclusion:** The author encouraged his Jewish audience to welcome the discipline of the Lord because the fruits of such living are life, peace, holiness, and righteousness.

Study Questions: Discipline to Run the Race

1. What does a runner need to run a race well? How does God use difficult circumstances to train us? Why should we not run from God's discipline? What benefits does his discipline yield?
2. What did the author of Hebrews remind his audience is required in running? (**Heb 12:4-11**) How many times did he use the word discipline in these verses? What does the word mean?
3. What was the writer's main concern regarding their response? (**Heb 12:4-5**) What did it mean that they had not yet shed blood? (**v. 4**) What had they experienced already? (**Heb 10:32-33**)
4. Why was the author concerned they would disregard God's discipline? (**Heb 12:4-5**) What was another inappropriate response to His discipline? (**v. 5**) How do you respond to His correction?
5. What does the discipline of God prove according to the author? (**Heb 12:6-8**) How does God's discipline prove that He loves us? (**v. 6**) Whom did God correct in His love? (**Jonah 1-4**)
6. How does the discipline of God prove that we are His children? (**Heb 12:6-8**) Do you discipline other people's children? Why should we discipline our children? (**Prov 13:24; 23:13-14; 29:15**)
7. What are the benefits of God's discipline in our lives? (**Heb 12:9-11**) What does earthly discipline from our parents produce? (**v. 9**) How is God's discipline different? (**v. 10**)
8. How does God's discipline produce holiness? (**Heb 12:10**) Why do we not like discipline? (**Heb 12:11**) What does it mean that it produces righteousness? (**v. 11**)

Prayer

1. Pray that God might reveal to you where you require discipline in your life to run well.
2. Pray that God would help you to make changes that would produce holiness and righteousness.