

I. Enduring Life's Difficulties (1-2a)

- A. A need for us to remember - "Therefore, since we are surrounded by so great a cloud of witnesses..."
- B. A need for us to release - "...let us also lay aside every weight, and sin which clings so closely..."
- C. A need for us to refocus - "...and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith..."

II. Adopting Christ's Mindset (2b-4)

- A. Jesus looked towards the finish (2b) - "...who for the joy that was set before Him ..."
- B. Jesus endured an excruciating process (2c) - "...endured the cross, despising the shame and is set down at the right hand of the throne of God..."
- C. Jesus left us His example to sustain us (3-4) - "Consider Him who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood."

III. Embracing God's Discipline (5-11) **3 FORMS OF DISCIPLINE: For Correction, For Prevention, and For Education**

- A. The fact of God's discipline (5-6) - "And have you forgotten the exhortation that addresses you as sons? My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. For the Lord disciplines the one he loves, and chastises every son whom he receives."
- B. The faithfulness of God's discipline (7-8) - "It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons."
- C. The fruit of God's discipline (9-11)

1. We learn submission to God (9) - "... Shall we not much more be subject to the Father of spirits and live?"

2. We gain practical holiness (10) - "...he disciplines us for our good, that we may share his holiness."

3. We gain contentment in Christ alone (11) - "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it..."

IV. Enduring Personal Discouragement (12-15)

- A. We are exhorted to get up & move on (12-13) - "Therefore lift your drooping hands and strengthen your weak knees. Make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed."
- B. We are exhorted to go low & clean up (14) - "Strive for peace with everyone, and for the holiness without which no one will see the Lord."
- C. We are exhorted to continue on & weed out (15) - "See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled."

God's grace is sufficient to empower your endurance so that no bitterness makes you unfit for His use.