



the
LEGACY
of a
WELL-RUN RACE



The Legacy of a Well-Run Race

Part 4: The Power of Discipline in Your Race

Hebrews 12:9-17

⁹ Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? ¹⁰ For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, ***that we may share his holiness.*** 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.***

Hebrews 12:9-17

¹² Therefore lift your drooping hands and strengthen your weak knees, ¹³ and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. ¹⁴ ***Strive for peace with everyone, and for the holiness without which no one will see the Lord.*** 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;***

Hebrews 12:9-17

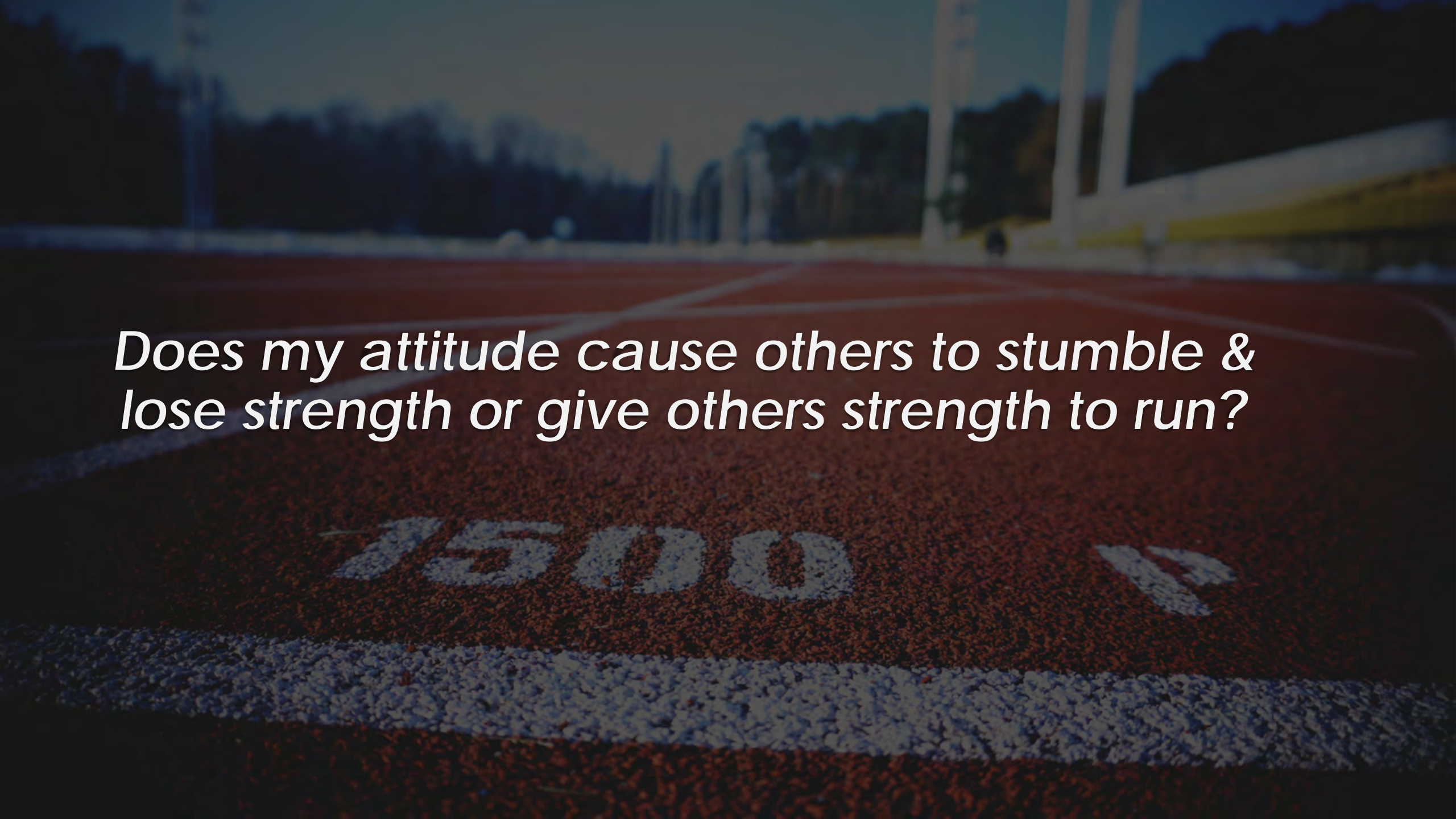
¹⁶ *that no one is sexually immoral or unholy* like Esau, who *sold his birthright for a single meal*. ¹⁷ For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.



Discipline Refines Your Attitude

Hebrews 12:12-13

¹² Therefore *lift your drooping hands and strengthen your weak knees,* ¹³ and *make straight paths* for your feet, so *that what is lame may* not be put out of joint but rather **be healed.**




Does my attitude cause others to stumble & lose strength or give others strength to run?



Discipline Refines Your Witness

Hebrews 12:14

¹⁴ *Strive for peace with everyone, and for the holiness without which no one will see the Lord.*



Two ways the world is supposed to see God through us:

- 1) Our relationships
- 2) Our lifestyle




1. *Our Relationships* (*strive for peace with everyone*)

John 13:34-35

³⁴ A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. ³⁵ By this all people will know that you are my disciples, if you have love for one another."



In your unpleasant, painful moment what relational strife was exposed?



Where do you need to strive (fight) for relationship?



Does everyone really mean everyone? What about enemies? Political rivals? Giants fans?

Matthew 5:43-48


⁴³ "***You have heard*** that it was said, 'You shall love your neighbor and hate your enemy.' ⁴⁴ ***But I say*** to you, Love your enemies and pray for those who persecute you, ⁴⁵ so that you may be ***sons of your Father who is in heaven***. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. ⁴⁶ For if you love those who love you, ***what reward do you have?*** Do not even the ***tax collectors do the same?***

Matthew 5:43-48

⁴⁷ And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? ⁴⁸ *You therefore must be perfect, as your heavenly Father is perfect.*




-There is a humanly acceptable kind of love



-There is a humanly acceptable kind of love

-There is a heavenly acceptable kind of love

- 
- There is a humanly acceptable kind of love*
 - There is a heavenly acceptable kind of love*
 - Telios: complete (having reached the intended goal)*

1 Corinthians 13:4-7

⁴ Love is *patient and kind*; love *does not envy or boast*; it is *not arrogant* ⁵ *or rude*. It *does not insist on its own way*; it is *not irritable or resentful*; ⁶ it *does not rejoice at wrongdoing*, but rejoices with the truth.


⁷ Love *bears all things, believes all things, hopes all things, endures all things*.

1. *Our Relationships* (*strive for peace with everyone*)

2. *Our Lifestyle* (*for the holiness without which no one will see the Lord*)



In your unpleasant, painful moment what worldly priorities or lack of Godly priorities are being exposed?



"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to arouse a deaf world."

- C.S. Lewis



Discipline Refines Your Community

Hebrews 12:15-17

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;
¹⁶ *that no one is sexually immoral or unholy like Esau,* who *sold his birthright for a single meal.* ¹⁷ For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.



- He highlights two particular tendencies to watch for: unbelief & worldliness

Genesis 25:29–34

²⁹ Once when Jacob was cooking stew, Esau came in from the field, and he was exhausted. ³⁰ And Esau said to Jacob, "Let me eat some of that red stew, for I am exhausted!" (Therefore his name was called Edom.) ³¹ Jacob said, "Sell me your birthright now." ³² Esau said, "I am about to die; of what use is a birthright to me?" ³³ Jacob said, "Swear to me now." So he swore to him and sold his birthright to Jacob. ³⁴ Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.

1 Corinthians 9:24-27

²⁴ Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ *Every athlete exercises self-control* in all things. *They do it to receive a perishable wreath, but we an imperishable.* ²⁶ So I do not run aimlessly; I do not box as one beating the air. ²⁷ But *I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*

