

TRAINING FOR GODLY LIVING

Hebrews 12:1-13

Passage used to teach about discipline of children.

While it presents valid principles for disciplining children, *discipline* isn't what this passage is about.

Word “discipline”=> Eph 6:4: training

Not about discipline – even God's discipline!

It's talking about suffering, as part of **God's training process to make us what He wants us to be.**

God uses hard times as training for godly living

Ch. 11– list of witnesses, who trust God, endure affliction & remain faithful=>God wants to use us same way.

Exhortation to run the race with patient endurance 12:1

“Since we're surrounded by such a great cloud of witnesses, let's throw off everything that hinders & the sin that so easily entangles.

Let's run with perseverance the race marked out for us”

We should imitate their example & run with patient endurance the race set before us.

Supreme example: 12:2-3 *“Let's fix our eyes on Jesus, the author & perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, & sat down at the right hand of the throne of God. ³Consider him who endured such opposition from sinful men, so that you will not grow weary & lose heart.”*

Jesus endured more than we've suffered.

With eyes fixed on goal, He endured the cross.

He was willing to die on the cross,

to fulfill plan & make possible our salvation.

When called on to suffer for His sake, we can focus on what He went through for us instead of on ourselves.

Exhortation against discouragement 12:4-13

12:4 *"In your struggle against sin, you haven't yet resisted to the point of shedding your blood."*

We haven't yet died for our faith.

Even if we should die, it wouldn't be more than that unbelievable contradiction He endured for us!

12:5-6 *"You've forgotten that word of encouragement that addresses you as sons: 'My son, don't make light of the Lord's discipline, & don't lose heart when he rebukes you, ⁶because the Lord disciplines those he loves, & he pu-nishes - everyone he accepts as a son'"*

Don't take lightly the Lord's training; don't faint.

We can't see benefit in what we're enduring

God's using this **training** to make *His children* into all that He desires us to be.

Like a loving Father, He takes us through **training**.

It's hard. It hurts. It's for our good.

Suffering is part of our training. 12:4-5

Training & discipline are evidence of Father's love
12:6

Training is evidence we belong to God's family!— we are His child! 12:7-8 *"Endure*

hardship as discipline; God's treating you as sons. For what son isn't disciplined by his father? ⁸If you're not disciplined (& everyone undergoes discipline) then you're illegitimate children, & not true sons."

Rather than despise affliction or become discouraged, realize this is God's way of assuring us we're His children; He's seeking our welfare.

God doesn't bother with people who don't belong to Him
People prefer benevolent grandfather, whose concern is our **contentment**, rather than father whose concern is our **character**.

We respect our earthly fathers when they put us through training. 12:9 *"We've all had human fathers who disciplined us & we respected them for it. How much more should we submit to the Father of our spirits & live!"*

We respect parents for training & not spoiling us; so why not embrace **God's training?**

Parental training compared to God's 10 *"Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness."*

Earthly parents are fallible, sometimes inconsistent, unfair
God, is always perfect, infallible, consistent, & fair.

His training is always appropriate.

God wants us to share in His holiness.

Effects of training 11 *"No discipline seems pleasant at the time, but painful. Later on it produces a harvest of righteousness & peace for those who've been trained."*

Now: Not especially pleasant

Later: It yields peaceful fruit of righteousness

What we ought to do in the midst of this training:
12-13 *"Strengthen your feeble arms & weak*

knees. ¹³*“Make level paths for your feet,” so that the lame may not be disabled, but rather healed.”*

In summary he urges: help each other

Pick up weak & wounded & help get them back on track

They're tired from the race.

We're called to encourage one another in the race

Is someone near struggling? Weak & wounded?

Are we committed to helping each other back on track?

How should this exhortation affect our life?

If Heb. believers could trust God; be faithful to God in midst of all their suffering, *so can we!*

Children of the heavenly Father Safely in His bosom gather;
Nestling bird nor star in heaven Such a refuge e'er was given.

Neither life nor death shall ever From the Lord His children sever;
Unto them His grace He showeth, And their sorrows all He knoweth

Though He giveth or He taketh, God His children ne'er forsaketh;
His the loving purpose solely To preserve them pure & holy.