

# Hebrews

12:3-13

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1. Remove extra weight.

Hebrews

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2. Remove sin.

Hebrews

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3. Run with endurance.

Hebrews

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4. Run with your eyes on Christ.

Hebrews

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How do you respond to receiving animosity, hatred, and mockery, for being a Christian?

Hebrews

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John 15:18-20

Hebrews

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We are to seek obedience to God,  
but obedience to God will often  
put us in opposition to the those  
who are of the world.

Hebrews

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When do you need to remember that  
you are a child of God the most?

Hebrews

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When you are most prone to forget  
about it the most.

Hebrews

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In times of great difficulty,  
remind yourselves of great truths.

I am a child of God.

I am loved by my Heavenly Father.

Hebrews

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Does this mean that God can use  
difficulties to lovingly grow us?

Hebrews

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Times of difficulty and Godly discipline  
are seen as the same thing by the author.

Hebrews

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The greatest temptation when facing  
suffering and trials of many kinds,  
is to think that God does not love us.

Hebrews

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Genesis 50:20

"As for you, you meant evil against me,  
but God meant it for good, to bring it  
about that many people should be kept  
alive, as they are today."

Hebrews

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How do you become more holy?

Hebrews

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Acts 14:19-22

Hebrews

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They are sacrificing the child's future by not disciplining in the present.

Hebrews

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Proverbs 13:24

“Whoever spares the rod hates his son,  
but he who loves him is diligent to  
discipline him.”

Hebrews

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Discipline is out of love;  
non-discipline is done out of hate.

Hebrews

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Psalms 119:67-71

Hebrews

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The lies that people told about him were used by God for this benefit and spiritual education.

Hebrews

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1. From God,
2. For your good,
3. Out of love,
4. For your holiness,
5. For your righteousness, empowers you to be a stronger runner.

Hebrews

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The author doesn't say to trust God and all the problems of life will be removed, he is saying trust God and you will be strong enough to get through the problems of life.

Hebrews

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**Series: Hebrews**

**Sermon: Hebrews 12:3-13**

**1. How does the Christian life/race analogy relate to the earthly father discipline/heavenly father discipline in Hebrews chapter 12?**

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**2. In Hebrews 11:11 the author describes discipline as painful in the moment, yet it leads to a greater good. Can you recall a time in your life when you were disciplined (equipped, educated, reproofed, rebuked, punished) by your earthly father or mother and it wasn't until much later that you realized that it was for your good?**

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**3. Read Ephesians 6:1-4. What is commanded of the children?  
\_\_\_\_\_ What is commanded of the Fathers?**

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**\_\_\_\_\_ Further explain the roles of the Father that are mentioned and what this could look like practically.**

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**4. Like it or not, parents are modeling how to parent to their children. Most often, a child will grow into a parent who will parent like they observed their parents parenting. However, many Christians have had parents that were not Christians and were poor examples of how to parent. Has anyone faced such struggles and realized that their parenting needed correction?**

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**5. What were those who were suffering and slowing down (Hebrews 12:12-13) needing to do in order to be strengthened? Explore the previous passages.**

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**6. In the Sermon on the Mount does Jesus speak to those who are suffering. See Mathew 5:3-4, 10-12 specifically. In light of what we learned today in Hebrews 12, how could those who mourn, those poor in spirit, and those receiving hatred be considered blessed?**

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