

“You Need Discipline” (Hebrews 12:1–17)  
GCC, Sunday School, 3/24/24

### **Introduction**

- A. Intensity vs. consistency in discipline
  - B. **Main Idea:** Discipline is the *means* of endurance for the *goal* of holiness.
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- I. The Exemplars of Our Discipline
    - 1. **The Saints from Israel’s Past** (v. 1)
    - 2. Jesus as the Focal Point for Endurance, Discipline, and Holiness (vv. 2–3)
  - II. Obstacles to Discipline and How to Overcome them
    - 1. Discipline Recognizes and Lays Aside Dead Weight (v. 1)
    - 2. Discipline Expects hostility and shame from the world and sometimes even from those in the church (vv. 2–4)
    - 3. Discipline Takes the Long View and Keeps Perspective (vv. 4, 11)
    - 4. Discipline is Dampened and Endurance is Eroded when we Villainize Authority and Prioritize Emotions (vv. 5–10)
    - 5. Discipline is Weakened When we Exclude a Place for Shame
    - 6. Discipline is Debilitated by the Contagion of Bitterness (vv. 14–15)
    - 7. Discipline Loses its Focus when we Choose Victimhood over Victory (vv. 2–3)