

# Hardship as Training

## Hebrews 12:3-13

### I. **CONSIDER THE EXAMPLE OF JESUS** (1-4)

#### A. **Jesus Suffered.** (Isa 53:3)—suffering is not unspiritual

##### 1. **Suffering is part of the Christian's Calling.** (Mat 16:24)—expect it

a. **General Suffering** in a Fallen World (Jn 16:33; 1 Cor 10:13)

b. **Persecution** for Righteousness Sake (Mat 10:22, 24-25)

c. **Discipleship** Training (1 Tim 4:8)—spiritual exercise, endurance

##### 2. **Suffering does not mean you are on the wrong track.** (Mat 3:17 & 27:43; 2 Tim 3:12)—

#### B. **Jesus' suffering was Greater than ours.** (4)—puts our trials in perspective

1. **He made the ultimate sacrifice.** (Php 2:8)—death on the cross

2. **He did not shrink back from suffering.** (10:38, 39; Isa 50:5-7)—

#### C. **Present suffering will be overshadowed by eternal glory.** (2; Rom 8:18; 2 Cor 4:16-17; Php 2:8-9)—the end will be good, worth everything

### II. **REMEMBER THE FATHERHOOD OF GOD** (5-11)—

#### A. **Fatherly love is expressed in discipline.** (5; Ps 94:12; Ps 119:67, 75; Rev 4:19)—means he is committed, involved, invested, engaged

1. He **loves** us.

2. He **claims** us.

#### B. **Discipline is Training.** (6)—a father makes you do the hard things; pushes, trains, chastises

1. **His methods are wise.** —perfect understanding

2. **His motives are pure.** —always for the good of His children

3. **His discipline produces good fruit.** (11; Php 1:6)—peaceful fruit of righteousness

C. **God has Great Plans for us.**—Fatherly discipline communicates expectation, potential.

1. **To give us Life** (9; Ex 20:12; Dt 30:19; Jn 10:10)—the good life, everlasting, abundant life that is worth living

2. **To share in His Holiness** (10; 1 Pet 1:14-16)—to be like Him

D. **Submit to God’s Discipline.** (5, 9)

1. **Don’t take it lightly.** Take it seriously.

2. **Don’t grow weary.** There is purpose in your suffering.

III. **GET IN SHAPE.** (12-13; Isa 35:4; Prov 4:25-27)

A. **Be Encouraged.** (Isa 35:3-4; 1 Jn 3:1)—lift hands to work, bless

B. **Strengthen Weak Areas.**—languishing in disability, muscles atrophied

C. **Clear the Path of Obstacles.**—be single-minded in your pursuit of righteousness; get rid of obstacles that might injure you

D. **Do the Hard Work of Healing.**—might require season of therapy

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