

Hebrews 12:1-29

Session	Chapter	Topic
1	Hebrews 1:1-4	Introduction to Hebrews
2	Hebrews 1:5 – 2:4	Jesus is Greater than the Angels
3	Hebrews 2:5 – 3:6	Jesus' Sonship is Greater than Moses' Servanthood
4	Hebrews 3:7 – 4:13	Jesus' Rest is Better than Joshua's Rest
5	Hebrews 4:14 – 5:10	Jesus, Our Great Appointed High Priest
6	Hebrews 5:11 – 6:20	Exhortation to Persevere in Light of God's Promise
7	Hebrews 7:1-28	Jesus, High Priest in the Order of Melchizedek
8	Hebrews 8:1-13	Jesus, High Priest of the New Covenant
9	Hebrews 9:1-28	Jesus' Sacrifice is Greater
10	Hebrews 10:1-39	Persevere On In Light of Jesus' Perfect Sacrifice
11	Hebrews 11:1-40	The Faith of the Ancients in Action
12	Hebrews 12:1-29	Running the Race with Perseverance

Hebrews 11 was a clarion call for the readers to persevere on in their faith. Their forefathers in the Old Testament demonstrated persevering faith in the midst of persecution. The whole of chapter 11 was delivered with great rhetoric force (try reading chapter 11 out loud), designed to encourage, inspire and spur the author's readers in their faith.

The author turns his attention direct to his readers in Hebrews 12, urging them to persevere on in their faith in light of their forefathers. He calls them to endure God's discipline and also to make every effort to grow in their holiness. The stark contrast between now and how it was before makes it all the more important that they do not refuse the one who speaks. (Heb 12:25)

Launch

- 1) What do you think about when you hear about "discipline"? Does it have a negative or positive association for you? Why?

Running the Race

Read Hebrews 12:1-17

- 2) The author begins the chapter with "therefore". What point did the author make before Hebrews 12?
 - a. Who is this "great cloud of witnesses" that the author is referring to?
 - b. What is he asking his readers to do in light of your answer in Q2? (v1)



- c. How are we to do that? (v2)
 - d. What is the reason that the author gives for us to fix our eyes on Jesus? (v2-3)
- 3) What relationship does he draw a comparison with hardships? (v5-8)
- a. What does this tell us about a Christian's relationship with God?
 - b. What is the purpose of discipline? (v10-11)
 - c. How does this discipline look like in your life?
- 4) What is the author trying to say in v12-13 in light of what he just said about discipline? (cf. v1-2 – take note of the metaphor the author uses)
- a. How do we strengthen our arms and weak knees in our lives today?
- 5) List out the author's commands from v14-17.
- a. Which of these do you struggle with the most and what can all of us in this group help us?

A Different Mountain

Read Hebrews 12:18-29

- 6) Compare and contrast the two "mountains" that the author describes from v18-24. What impression does each give to the readers?
- a. Which part of the Old Testament is the author drawing from in v18-21?
- 7) What some of the things that we as Christians have "come to" from v22-24?

- 8) What is the event that changed everything in v18-21 to v22-24?
- 9) Given the stark differences the author lays out in v18-24 between Old and New Testament times, in what way should we live differently today? (v25-27)
- 10) Why should we “be thankful”? (v28-29)
 - a. How can we be genuinely thankful to God in our lives and not just making it another “checklist” for us to do?

Conclusion

After the author’s strong rhetorical force in laying out what it means to live by faith, he turns his attention back to his readers, urging them to run their race with perseverance. We will face struggles and hardships in our race, and some of it will be God’s discipline in our lives. While no discipline is pleasant, it is done by God to help us develop our holiness for our good.

Unlike the Old Testament saints, those of us blessed enough to know of the work of Christ at the cross have come to a completely different “mountain” to the Israelites. It is no longer doom and gloom, but one of glory, joy and gladness. Therefore, let us not refuse God who continues to speak to us in Christ (Heb 1:1-2).

God will once again come and shake heaven and earth, and only those that cannot be shaken will remain (v27). This is referring to Jesus’ second coming, where he will come in judgement and wipe away all sin from all of creation. It is only those that cannot be shaken will remain at the end of it – and praise God that as those who trust in Christ are receiving a kingdom that cannot be shaken! Therefore, we should be thankful, and in our thankfulness, we worship God with reverence and awe.