

Study Guide on Hebrews 12:1-13

English Standard Version

Assign each person in the class one or more verses to study.
Each person should answer these two questions on their assigned verse.

1. What does this verse say?
2. What does this verse mean to me?
3. Discuss your answers with the class.

Hebrews 12:1-13

(Hebrews 12:1) Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

(Hebrews 12:2) looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

(Hebrews 12:3) Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

(Hebrews 12:4) In your struggle against sin you have not yet resisted to the point of shedding your blood.

(Hebrews 12:5) And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.

(Hebrews 12:6) For the Lord disciplines the one he loves, and chastises every son whom he receives.”

(Hebrews 12:7) It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline?

(Hebrews 12:8) If you are left without discipline, in which all have participated, then you are illegitimate children and not sons.

(Hebrews 12:9) Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live?

(Hebrews 12:10) For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness.

(Hebrews 12:11) For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

(Hebrews 12:12) Therefore lift your drooping hands and strengthen your weak knees,

(Hebrews 12:13) and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

Write the verse or verses you have been assigned in the space below:

Answer These Questions for Class Discussion or Study

1. What does the verse say?
2. What does the verse mean to me?