

Study Guide on Hebrews 12:1-13

New American Standard Bible

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 have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,

(Hebrews 12:2) fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

(Hebrews 12:3) For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

(Hebrews 12:4) You have not yet resisted to the point of shedding blood in your striving against sin;

(Hebrews 12:5) and you have forgotten the exhortation which is addressed to you as sons, “MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM;

(Hebrews 12:6) FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES.”

(Hebrews 12:7) It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline?

(Hebrews 12:8) But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons.

(Hebrews 12:9) Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?

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

(Hebrews 12:11) All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

(Hebrews 12:12) Therefore, strengthen the hands that are weak and the knees that are feeble,

(Hebrews 12:13) and make straight paths for your feet, so that the limb which 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?