

Study Guide on Hebrews 12:1-13

New Revised 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 the sin that clings so closely, and let us run with perseverance the race that is set before us,

(Hebrews 12:2) looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

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

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

(Hebrews 12:5) And you have forgotten the exhortation that addresses you as children—"My child, do not regard lightly the discipline of the Lord, or lose heart when you are punished by him;

(Hebrews 12:6) for the Lord disciplines those whom he loves, and chastises every child whom he accepts."

(Hebrews 12:7) Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline?

(Hebrews 12:8) If you do not have that discipline in which all children share, then you are illegitimate and not his children.

(Hebrews 12:9) Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to 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, in order that we may share his holiness.

(Hebrews 12:11) Now, discipline always seems painful rather than pleasant at the time, 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?