



NOTE: Our lesson questions are based on the NIV 2011 edition. Our preference is your first time through the questions, you answer without consulting commentaries - delight in what the Holy Spirit will reveal to you.

LESSON 22

HEBREWS 12:4-29

1. What truth or insight from our lesson on **Hebrews 11:32-12:3** highlighting Jesus as the Better Resurrection most encouraged you as you ran your race last week? What have you begun to "throw off" as a result?
2. Pray that God would open your ears to hear from Him and submit to the training of His words before you read **Hebrews 12:4-29**. Summarize what appears to be the author's main concerns in this passage and the advice that is given.
3. With Jesus in mind, from **V4-6**, what are believers encouraged to remember in our "struggle against sin," and what are we prone to forget?

4. How do **V7-8** enlarge your perspective as a child of God on life's hardships and trials? See **James 1:2-4** also.
5. a) Rewrite **Hebrews 12:9-11** in your own words.
- b) What words or emotions does the word "father" invoke in you, and how does your own experience of earthly discipline compare to or color your own experience of the Lord's discipline?
6. List the ways you are coached to live and "make level paths for your feet" in **V12-17**. What are some practical ways you can apply this advice to your own relationships or circumstances?
7. According to **V18-21** those who believe in Jesus do not have an encounter with God similar to the Israelites at Mount Sinai during the giving of the law under the old covenant. What were the consequences of approaching the mountain and how does this illustrate the people's relationship with God at the time? Read **Exodus 19:12-23, 20:18-21** for insight.

8. a) In contrast, believers in Jesus under the new covenant come to Mount Zion, described in **Hebrews 12:22-29**. How does Mount Zion differ from Mount Sinai? Who is encountered at Mount Zion?
- b) Why do you think the contrast between the two mountains is meaningful for the recipients of this letter? What are the unchanging attributes of God who was present at both mountains?
- c) The writer gives the 5th and final "warning" in **V25-29**. What is the essence of the warning and what is the call to action?

9. CONSIDER JESUS: THE BETTER DISCIPLINE

The author of Hebrews had a message for those who were growing weary and losing heart in their struggle against sin. "Endure hardship as discipline; God is treating you as children.... God disciplines us for our good, in order that we share in His holiness."

Hebrews 12:7a, 10b. God disciplines those He loves. When and how have you seen or experienced the loving discipline of the Lord produce righteousness and peace in you or someone else? What hardship are you currently enduring and how can these verses help you to not lose heart as God trains you for better things?

MEMORY VERSE

*"Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for "our God is a consuming fire."
Hebrews 12:28-29*

NAME

PRAYER REQUEST