



Hebrews 12:1-11 – Persevering by faith through suffering

In Hebrews 11 we saw some listed some who had persevered by faith through suffering. Our passage in chapter 12 encourages us to do the same by looking to Christ and by being willing to see God's loving discipline in the hardships we face.

Are there things that particularly challenged or encouraged you in the passage?

1. Persevere by looking to Christ (v1-3)

- Verse 1 talks about the need to 'throw off everything that hinders and the sin that so easily entangles' as we 'run the race' of faith. Are there things that you find hinder and entangle you if you aren't keeping your eyes fixed on Jesus?
- How does fixing our eyes on Jesus help us to persevere even through hardships?
- How does Jesus example of enduring the cross 'for the joy that was set before him' help us to 'not grow weary and lose heart'?

2. Remember God disciplines you as a loving parent (v4-9)

- Verses 5 and 6 quote from Proverbs 3 and reminds the Hebrews that God disciplines those he loves. How does understanding that change our perspective on hardship in our lives?
- Did you find the loving parent and child imagery helpful in understanding this?
- Have you experienced times of hardship that you have later seen God was disciplining you for your good in? What affect has that had on your faith?

3. Trust God's discipline is for your good (v10-11)

- What do verses 10-11 tell us God's discipline leads to?
- How does grasping (and trusting) this transform the way we see our struggles and trials?
- How can we encourage each other to 'endure hardship as discipline' in light of these verses?