

Hebrews 12:1 – 11

After reading Hebrews 12:1 -11, do the following exercise for a better understanding of the text:

1. Because there are so many who have gone before us as witnesses to the faithfulness of God, what are the three things we are encouraged to do? (Hebrews 12:1)
2. First, give your own definition of the following words (from Hebrews 12:1). Then, look up the definition in a dictionary:
 - a. Surround
 - b. Witness
 - c. Aside
 - d. Ensnare (snare)
 - e. race
3. All of us have various “weights” in our lives – things that slow us down and get in the way from living the Christian life, as we should. What are some of your own personal weights and hindrances?
4. Each of us has “a race” to run. The path has been ordained by God. This race refers to our Christian journey, in total. But, it can also refer to various other things that God has given us to fulfill. Can you name any specific things in your life that God wants you to do? Are there any barriers to you accomplishing these things? If so, what are you doing to overcome the barriers?
5. Both “good things” and “bad things” were in the path of Jesus during His earthly journey. According to Hebrews 12:2 and 3, what were they?
6. According to Hebrews 12:3, the struggles that Jesus endured were meant to help and encourage us so that we would not become what?
7. As hard as life struggles are for us at times, they have not resulted in what in our lives? (Hebrews 12:4)
8. First give your own definition of the following words from Hebrews 12:5. Then, look up the definition in a dictionary:
 - a. Exhort (exhortation)
 - b. Despise
 - c. Chasten
 - d. Rebuke
 - e. Scourge
9. Can you recall any things that you have had to go through in your life because of disobedience to God? How did you feel about God’s chastening? What did you learn from the entire experience?
10. Hebrew 12:5 – 11 speaks of God’s chastening. Can you list the various things that are told about chastening from these verses?
11. Chastening is meant to result in what, according to Hebrews 12:9 – 11?
12. No doubt, most of us have experienced chastening from a loving human parent. This is scriptural, according to Hebrews 12:9, 10. What do you remember about being chastened as a child? Do you think that these times of chastening helped you or hindered you as an adult?
