

# Letter to the Hebrews

Pembroke Bible Chapel  
D Axford – Aug 31, 2008  
Series No. DA-HEB-24

## Divine Discipline

### Hebrews 12:1-13

#### I. VOLUNTARY DISCIPLINE (Verses 1-4)

**Expectation:** Learn from those who have gone before who are watching us, cheering us onwards, and are confident we will succeed in victory (*Heb.11:4-40; 12:1a*)

**Exhortation:** Lay aside two things (*Heb.12:1b*):  
The encumbrances of daily life that bog us down  
The entanglements of unconfessed sin that fill our minds with guilt

**Exertion:** Stand your ground in time of trouble, to endure affliction, or suffering (*Heb.12:1c*)

**Ending:** We are to concentrate on Jesus as our goal at the end of the race (*Heb.12:2a*)

**Example:** Look to Jesus who endured:  
The physical agony of the cross, (*Mat.16:21; 20:18-19; Luke 9:51*) and  
The mental anguish of being made a curse for us (*Galatians 3:13*)

#### II. INVOLUNTARY DISCIPLINE (Verses 5-11)

**Enigma:** Contrary to popular trends, discipline proves  
The Father loves his son (*verse 6*)  
The child is really the Father's son (*verse 8*)

**Excellence:** Human discipline is fallible but God's discipline is good (*verses 9-10*)

**Effect:** Loving discipline results in peace, joy and right living (*verse 11*)

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## Application

In the conclusion to the passage, verses 12 and 13 encourage us to carefully examine our own lives.

We are all in what may be described as the race of life (Ecc.9:11). The Christian is in the Christian race of life (1 Cor.9:24; 2 Tim.4:7; Heb.12:1). This race is like that of the Olympian. Winning a gold medal requires great personal discipline including the training of both body and mind.

In this race there are two things that we are to lay aside in order to run effectively. We can all run the race but only one receives a gold medal (1 Cor.9:24).

1. Various encumbrances can hinder us in this race. These could be anything that burdens our body, mind, or spirit, which hinders us from running at peak performance. These could be the material cares of this world, various family and job responsibilities, personal ambitions and desires, etc. Write down one such encumbrance that hinders your spiritual performance and bring this before the Lord regularly.
2. Various entanglements of sin also affect our ability to perform at peak level. Un-confessed sin can burden our mind and spirit with guilt that distracts us from the race. Maybe you have brought this before the Lord but still struggle with a particular problem. Like a good Olympian consider seeking advice from a qualified coach about this problem.