

# CAUTION

**This Grace Group contains explicit BIBLICAL content. It contains graphic expressions of PRAYER. The language may not be suitable for visitors offended by non-profane references to JESUS. You are strongly cautioned that your flesh may be in serious danger.**

# HEBREWS

Golden  
Gate

**Heb 12:3-5**

# OUTLINE

<b>I. The Superiority of Christ</b>	<b>1:1-10:18</b>
<b>II. The Response of Faith</b>	<b>10:19-13:25</b>
<b>B. The Life of Faith</b>	<b>11-12</b>
<b>1. Triumph of Faith of Heroes</b>	<b>11</b>
<b>2. Training for Faith</b>	<b>12</b>
<b>a. Running the Race of Life</b>	<b>12:1-13</b>
<b>1) Running with Endurance</b>	<b>12:1-3</b>
<b>a) Encouragement to Run</b>	<b>12:1</b>
<b>b) Enablement for Running</b>	<b>12:2</b>

**Race of Life =  
By faith fulfilling all  
that our Lord has  
designed for us  
(Eph 2:10)**

**12:1 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ...**

**12:1** Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, **2** fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

# **FUTURE INHERITANCE**

- 1. Rewards - Mt 16:27, Col 3:23-25**
- 2. Crowns - 1Cor 9:25, Jas 1:12**
- 3. Inheritance - Heb 6:12, 17, 9:16,  
Col 1:12, 1Pet 1:4**
- 4. Positions in Kingdom -  
1Cor 6:1-3, Rev 2:26-27, 3:21**

# Lelisa Desisa of Ethiopia & Rita Jeptoo of Kenya



# **SPIRITUAL MARATHON**

- 1. Role Models** **12:1**
- 2. Hindrances**
- 3. Race of Life**
- 4. Focus on Goal** **12:2**
- 5. Reward**

# OUTLINE

<b>I. The Superiority of Christ</b>	<b>1:1-10:18</b>
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<b>b) Enablement for Running</b>	<b>12:2</b>
<b>c) Example of Endurance</b>	<b>12:3</b>

**12:3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.**

**12:3 For consider Him who has  
endured such hostility by  
sinners against Himself, so that  
you will not grow weary and lose  
heart.**

**“... it is ALL MENTAL.”**

**Junko**

# **SPIRITUAL MARATHON**

- |                         |             |
|-------------------------|-------------|
| <b>1. Role Models</b>   | <b>12:1</b> |
| <b>2. Hindrances</b>    |             |
| <b>3. Race of Life</b>  |             |
| <b>4. Focus on Goal</b> | <b>12:2</b> |
| <b>5. Reward</b>        |             |
| <b>6. Motivation</b>    | <b>12:3</b> |

# OUTLINE

- |                                      |                    |
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| <b>I. The Superiority of Christ</b>  | <b>1:1-10:18</b>   |
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| <b>a. Running the Race of Life</b>   | <b>12:1-13</b>     |
| <b>1) Running with Endurance</b>     | <b>12:1-3</b>      |
| <b>2) Training for Race</b>          | <b>12:4-11</b>     |
| <b>a) Extent of Persecution</b>      | <b>12:4</b>        |

**12:4 You have not yet resisted to  
the point of shedding blood in  
your striving against sin;**

# **JEWISH READERS**

- 1. 12:4 - limited persecution  
contrast with Messiah  
contrast with heroes**
- 2. 12:5 - Forgot OT teaching**

**12:4 You have not yet resisted to  
the point of shedding blood in  
your striving against sin;**

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<b>2) Training for Race</b>	<b>12:4-11</b>
<b>a) Extent of Persecution</b>	<b>12:4</b>
<b>b) Attitudes toward Discipline</b>	<b>12:5-6</b>

**12:4-5 You have not yet resisted to the point of shedding blood in your striving against sin; 5 and you have forgotten the exhortation which is addressed to you as sons, "MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM.**

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# **DIVINE DISCIPLINE**

**1. It is Biblical -**

**12:5**

**12:4-5 You have not yet resisted to the point of shedding blood in your striving against sin; 5 and you have forgotten the exhortation which is addressed to you as sons, "MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM.**

# **Regard lightly**

- 1. Thru Ignorance**
- 2. By Complaining**
- 3. By Removing pain**
- 4. By Questioning Lord**
- 5. By Callousness**

**Solution -            trust & learn**

**“... it is ALL MENTAL.”**

**Junko**

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# παιδεύω (paideuo)

- |                     |                |
|---------------------|----------------|
| 1. Child training - | Eph 6: 4 (n)   |
| 2. For Correction - | 2Tim 2:25      |
| 3. For Punishment - | 2Cor 6:9       |
| 4. For Education -  | Act 7:22, 22:3 |


# Training Discipline



# παιδεύω (paideuo)

- |                         |                |
|-------------------------|----------------|
| 1. Child training -     | Eph 6: 4 (n)   |
| 2. For Correction -     | 2Tim 2:25      |
| 3. For Punishment -     | 2Cor 6:9       |
| 4. For Education -      | Act 7:22, 22:3 |
| 5. Christian training - | 12:11 (n)      |

**12:4-5 You have not yet resisted to the point of shedding blood in your striving against sin; 5 and you have forgotten the exhortation which is addressed to you as sons, "MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR FAINT WHEN YOU ARE REPROVED BY HIM.**

A photograph of a sunset over the Sea of Galilee. The sun is a bright, glowing orb in the center of the frame, partially obscured by a thin layer of clouds. The sky is a mix of orange, yellow, and blue. The water of the sea is dark, with a shimmering reflection of the sun's light extending from the horizon down towards the foreground. In the bottom left corner, the dark silhouette of a hillside is visible.

**Now that you know about  
DISCIPLINE  
you may be blessed  
to experience it!!!**

**Sea of Galilee from Kursi**