CHAPTER

12

XII

The race, the Father's discipline, and the mountain

Hebrews 12:1–29 · 29 verses · Song: "A Great Cloud"

The picture: A runner in a stadium, a cloud of witnesses in the stands, eyes fixed on Jesus at the finish; behind, a dark smoking mountain and a bright city on a hill.



PICTURE WORD

Race

THE CHAPTER IN BRIEF

Run the race with endurance, eyes on Jesus. God disciplines his children. You have not come to Sinai but to Zion.

Remember it: TWELVE: twelve laps of the race, twelve tribes in the stands.

MEMORY VERSE

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, despising its shame, and has sat down at the right hand of the throne of God.

Hebrews 12:2 · the author's translation

GREEK WORD

ὑπομονῆς

"endurance" · verse 1

In Hebrews: twice, in 2 chapters

The word pictures staying under a heavy load without throwing it off. The race of 12:1 is not a sprint but a long run. Jesus "endured" the cross (12:2), and the Father's discipline trains his children to endure (12:7): both use the verb from the same root. Endurance is faith holding on over time.

HOW THE CHAPTER MOVES

1–3	Run the race with endurance, eyes on Jesus.
4–13	The Father disciplines the children he loves.
14–17	Pursue peace and holiness; the warning of Esau.
18–24	Not Mount Sinai, but Mount Zion and the city of God.
25–29	Do not refuse him: a kingdom that cannot be shaken.

FROM THE OLD TESTAMENT

v. 5–6 ← Prov 3:11–12 The Lord disciplines the one he loves.

v. 12 ← Isa 35:3 Strengthen drooping hands and weak knees.

v. 13 ← Prov 4:26 Make straight paths for your feet.

v. 20 ← Exod 19:12–13 Even an animal that touches the mountain.

v. 21 ← Deut 9:19 "I am trembling with fear."

v. 26 ← Hag 2:6 "Once more I will shake the heavens."

v. 29 ← Deut 4:24 Our God is a consuming fire.

Listen. Hear Hebrews 12 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/12**.

The song: "A Great Cloud." Left out of the song: 12:8, 12:20, 12:25, 12:26, 12:27, 12:28, 12:29. Read those verses in your Bible.

Run the race · The Father's discipline · Not Sinai but Zion · An unshakable kingdom

FILL IN THE BLANKS

Run the race with _____, eyes on Jesus. God _____ his children. You have not come to Sinai but to _____.

CHECK YOURSELF

1. What surrounds us as we run?

- (A) A great cloud of witnesses
- (B) A wall of fire
- (C) Many angels with swords
- (D) The tribes of Israel

2. Why does the Lord discipline us?

- (A) Because he is angry
- (B) Because he loves us and treats us as sons
- (C) Because we are not his
- (D) Because of the law

3. What did Esau sell his birthright for?

- (A) Thirty pieces of silver
- (B) A field
- (C) A single meal
- (D) His father's blessing

TALK IT OVER

1. What "weight" do you need to lay aside to run well?

2. How have you seen God's discipline yield "the peaceful fruit of righteousness"?

3. Compare Sinai and Zion in verses 18 to 24. Which one do you tend to picture when you come to God?

IN YOUR OWN WORDS: WHAT DOES HEBREWS 12 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 12:2 by heart
- ☐ I know the picture word

Answers Blanks: endurance · disciplines · Zion · Check yourself: 1. A (v. 1) · 2. B (vv. 6–7) · 3. C (v. 16)