

3 Mistakes

1) Confusing CORRECTION with PUNISHMENT

There is now **no condemnation** for those who are in Christ Jesus
Rom. 8:1

2) RESENTING God's correction

As you endure this divine discipline, **remember that God is treating you as His own children. Who ever heard of a child who is never disciplined by its father?...Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever?** (vv. 7, 9, NLT)

3) NEGLECTING the TRAINING of correction

My son, **do not make light of the Lord's discipline...because the Lord disciplines those He loves...** (vv. 5-6)

God corrects us for our own good, because He wants us to be holy, as He is. (v. 10b, CEV)

✓ **KEY:** Remember the purpose of discipline is to **MAKE ME MORE LIKE JESUS**

No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way. (v. 11, NLT)

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HOW TO HAVE A PERSONAL RELATIONSHIP WITH GOD

Admit...that I am a sinner and need God's forgiveness Rom. 3:23

Repent...Turn away from my sins and turn to God. Rom. 3:22; Acts 3:19

Believe...that Jesus died on the cross for me and showed He was God by coming back to life again. 1 Cor. 15:2-4, Rom. 10:9, Col. 2:14

Receive...Jesus into my life as my new Boss. John 1:12; Rom. 12:2

- If you're willing to take these steps, sincerely pray this prayer in your heart:

"Dear God, I know You love me. I believe You sent Your Son, Jesus, to die for my sins and that He rose from the dead. I'm sorry I've lived for myself and I ask for Your forgiveness for all my sins. I want You to be the Boss of my life and live the way You want me to. Amen."



HEBREWS 12:1-11

Having set before us a vivid account of the marvelous faith of the OT saints, the writer now uses their example (and that of Jesus) to urge us to “go the distance.” He also identifies 6 principles to help us run the race of faith.

✓ **Summary:** To successfully run the race of faith, we must **LOOK TO** Jesus, who endured the **FULL WEIGHT** of suffering, and trust in the Father's loving **CORRECTION** of us through all our trials and **HARDSHIPS**

I. Study the FAITH of the HEROES (cf. Heb. 11)

We have around us many people whose lives tell us what faith means. (v. 1a, NCV)

✓ **KEY:** When they **MESSED UP**, they didn't **GIVE UP** their **FAITH** so God was still **ABLE TO USE** them

II. Avoid being TRIPPED UP BY SIN

...let us throw off...the sin that so easily entangles... (v. 1b)

How? (4 ways)

1. Use the “ESCAPE HATCH”

God...will not permit you to be tempted more than you can stand. But when you are tempted, He will also give you a way to escape so that you will be able to stand. 1 Cor. 10:13 (NCV)

2. Ask for CHRIST'S HELP

Inasmuch as He Himself was tempted, **He is able to give immediate help** to any that are tempted. Heb. 2:18 (Will.)

3. PROMPTLY CONFESS every disobedience

When I **refused to confess my sin, I was weak and miserable...** Day and night **Your hand of discipline** was heavy on me. **My strength evaporated** like water in the summer heat. Psa. 32:3-4 (NLT)

4. DISCIPLINE your DESIRES

Everyone who competes in the games goes into **strict training...** I **discipline my body** like an athlete, **training it to do what it should.** 1 Cor. 9:25, 27 (NLT)

Do not let sin control your life... so that you do what your sinful self wants to do. **Do not offer the parts of your body to serve sin, as things to be used in doing evil. Instead, offer yourselves to God...** [and] **Offer the parts of your body to God to be used in doing good.** Rom. 6:12-13 (NCV)

III. IDENTIFY and DISCARD every HINDRANCE

...let us throw off **every hindrance...** (v. 1b)

(NCV: We should **remove from our lives anything that would get in the way**)

- FEARS & worries
- HURTS & anger
- MONEY
- FAMILY
- AMBITIONS
- HABITS & addictions
- DOUBTS
- REGRETS
- TIME & priorities
- _____

No soldier in active service **entangles himself in the affairs of everyday life.** 2 Tim. 2:4

- POINT: It's **HARD TO RUN** with **ROCKS** in your **POCKETS**

IV. BUILD UP your ENDURANCE

Let us **run with perseverance** the **race marked out for us.** (v. 1c)

Let us **not get tired of doing what is right, for after a while we will reap a harvest** of blessing **IF we don't get discouraged and give up.** Gal. 6:9 (LB)

The **one who endures to the end...** shall be **saved.** Matt. 24:13

Do not let yourselves become discouraged and **give up.** (v. 3b, TEV)

- KEY: Think about what **JESUS DID FOR YOU**

Think of all the hostility He endured from sinful people; **then you won't become weary and give up.** After all...in your struggle against sin, you have not yet resisted to the point of shedding your blood. (vv. 3-4, NLT)

Do you not know that in a race all the runners run, but only one gets the prize? **Run in such a way as to get the prize.** Everyone who competes in the games goes into **strict training.** 1 Cor. 9:23-24a

- HOW?

- 1) A **HEALTHY DIET** of God's word/prayer
- 2) **REGULAR EXERCISE** of your spiritual muscles

V. Stay FOCUSED on JESUS, not on your DIFFICULTIES

Fixing our eyes on Jesus, the author and perfecter of faith... (v. 2a)

WHY? Because...

1. He set the perfect **EXAMPLE** of **STEADFAST** faith
...Who for the joy set before Him **endured the cross**, scorning the shame... (v. 2b)

2. Knowing Jesus **MORE** is the **GOAL** of the **RACE**
We must **focus on Jesus, the source and goal of our faith.** (v. 2, GW)

All I want is to know Christ and to experience the power of His resurrection...**I am bringing all my energies to bear on this one thing:** Forgetting the past and **looking forward to what lies ahead, I strain to reach the end of the race and receive the prize...** Phil. 3:10, 13-14 (TEV, LB)

VI. Get the maximum BENEFIT from GOD'S CORRECTION

...**Pay attention** when the Lord corrects you, and **do not be discouraged** when He rebukes you. For the **Lord corrects everyone He loves...** **If you are not disciplined**—and everyone undergoes discipline—then **you are not legitimate, not true sons and daughters at all.** (v. 5, 8 TEV/NIV)