

Read Hebrews 12:1-3

1) What are we told to throw off? (12:1)

We are told to throw off everything that hinders and the sin that so easily entangles.

2) We are to run the race marked out for us. How does this relate to 11:1-40?

All of the patriarchs mentioned in 11:1-40 lived by faith by focusing on the future inheritance God had promised them instead of the distractions of this life.

3) And how, particularly, does 12:1 relate to its preceding verse 11:40?

Hebrews 12:1 relates to 11:40 because all the patriarchs who are the witnesses that are surrounding us are only made perfect as we run the race marked out for us with perseverance.

4) Who are we to fix our eyes on? (12:2)

We are to fix our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

5) What are the similarities between 12:2 and 3:1?

Hebrews 12:2 and 3:1 both tell us to put our focus on Jesus.

6) What word occurs in 12:2 that occurs repeatedly throughout chapter 11?

The word Faith is mentioned in 12:2 and throughout chapter 11.

7) How does 12:1-2 relate to 11:24-26?

Hebrews 12:1-2 relates to 11:24-26 because Moses had his focus on Jesus instead of the pleasures of sin.

8) For what joy set before him do you think Jesus endured the Cross? (12:2)

The joy set before Christ was the Glory that He had in heaven being restored to Him and knowing that the cross would enable us to be with Him.

9) Why are we to consider Jesus' endurance? (12:3)

We are to consider Jesus who endured such opposition from sinners, so that we will not grow weary and lose heart.

10) What similarities do you see between 12:2 and 1:3?

Hebrews 12:2 and 1:3 both tell us that Jesus is the radiance of God's glory and the exact representation of God and that He sat down at the right hand of the throne of God after He did everything necessary to provide purification for sins.

Read Hebrews 12:4-13

11) What had the Hebrew readers forgotten? (12:5-6)

The Hebrew readers had forgotten the word of encouragement that addressed them as a father addresses his son. It says, "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son."

12) What did the writer encourage his readers to regard hardship as? (12:7)

Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?

13) Why does God discipline us? (12:10)

God disciplines us for our good, in order that we may share in his holiness.

14) What does this discipline produce? (12:11)

This discipline produces a harvest of righteousness and peace for those who have been trained by it.

15) In the face of hardship, what encouragement does the writer bring? (12:12-13).

In the face of hardship strengthen your feeble arms and weak knees, "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

Read Hebrews 12:14-29

16) What is needed in order to see the Lord? (12:14)

Holiness is needed in order to see the Lord.

17) In 11:6 and 12:14, we see two things that a Christian cannot do without, the first is needed to please God and the second to see God. What are they?

In 11:6 and 12:14 we see two things that a Christian cannot do without. We need Faith in order to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. We are to make every effort to live in peace with everyone and to be holy, because without holiness no one will see the Lord.

18) Why does the writer give the example of Esau? (12:14-17)

Esau sold his inheritance rights as the oldest son for a single meal and as a result lost the blessing that he would have received as a first born son.

19) How are the two mountains, Sinai and Zion, compared? (12:18-24)

Sinai was a mountain that could not be touched and that was burning with fire, darkness, gloom and storm. It had a trumpet blast and the people heard a voice speaking words that those who heard it begged that no further word be spoken to them, because they could not bear what was commanded: "If even an animal touched the mountain, it had to be stoned to death." The sight was so terrifying that Moses said, "I am trembling with fear."

Mount Zion is the city of the living God, the heavenly Jerusalem. Thousands upon thousands of angels are in joyful assembly, it is the church of the firstborn, whose names are written in heaven. We have come to God, the Judge of all, to the spirits of the righteous made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

20) Why is God going to shake everything that can be shaken? (12:27)

The words "once more" indicate the removing of what can be shaken--that is, created things--so that what cannot be shaken may remain. The shaking is to get rid of the superficial things of this world and to get peoples focus back onto God and His kingdom.

21) What should be our response to this? (12:28-29)

Since we are receiving a kingdom that cannot be shaken, we should be thankful, and worship God acceptably with reverence and awe, for our "God is a consuming fire."

