

LESSON 12
GET IN THE RACE!
HEBREWS 12:1–29



1 What would it take for you to get in better physical condition?

2 What holds you back?



Read Hebrews 12:1–29 and the following notes:

☐ 12:1 ☐ 12:1–4 ☐ 12:3 ☐ 12:4 ☐ 12:5–11 ☐ 12:11 ☐ 12:12, 13

3 How is the Christian life like a race (12:1–3)?

4 Why is discipline an important part of a believer's relationship with Christ (12:5–11)?

5 What kinds of divine discipline must Christians endure (12:7–11)?

6 What can we do to help others in their race (12:14–16)?

A successful runner recognizes the need for discipline as he/she prepares, participates, and perseveres in the race. To win requires working hard and enduring hardships. The author of Hebrews used the analogy of racing to illustrate an effective spiritual life. One reason the race is worth running well is because we do not struggle alone. Others have run the race and won, and their witness encourages us to run to win. What an incredible heritage we have!



7 What role does discipline play in the Christian life?

8 What can divine discipline teach us?

9 What five dangers can trip us up during the race (12:14–17)?

10 Describe what you think it might be like to arrive at the finish line described in 12:22–24.



11 What stage of the spiritual race are you in right now—are you preparing, participating, or persevering?

12 What do you find most challenging about this stage?

13 What responsibilities has God given you that you are complaining about, neglecting, fearing, or avoiding?

14 How can God use discipline in your life as training?

15 Who can help you endure “divine discipline” (12:7)?

16 What discipline will require endurance this week?



17 Whom can you encourage to endure divine discipline?

A When might the struggle against sin involve giving your life (12:4)? Why is it important to struggle so hard against sin?

B In what ways are earthly fathers and our heavenly Father different (12:5–11)? What childlike responses does our heavenly Father require from us?

C What will happen to those who turn away from God (12:25)? What simple steps can a person take to avoid this?

D What will ultimately happen to the world (12:27–29)? What will last? How can these future events motivate us now?

MORE
for studying
other themes
in this section