



Hebrews 12

Paul Osteen, M.D.

FOUR SECTIONS TO THIS CHAPTER:

- Run Your Race with Jesus as Your Example: Verses 1-3
- God Disciplines His Children: Verses 4-13
- Warning and Encouragement: Verses 14-17
- The Mountain of Fear and the Mountain of Joy: Verses 18-28

RUN YOUR RACE:

- It's time for you to run your race. Those who have gone before you are cheering you on.
- Throw off everything that hinders you. The weights that slow us down are different for every person.
- Throw off the sin that entangles you.
- Run your race with perseverance. This is a long-distance race, not a sprint.
- Your race is marked out for you. Don't concern yourself with the race of other people.
- Keep your eyes fixed on Jesus, the Author and Finisher of your faith. Philippians 1:6

GOD DISCIPLINES HIS CHILDREN:

- God corrects us through the conviction of the Holy Spirit.
- God corrects us through the reading and teaching of His Word. II Timothy 3:16-17
- God uses hardship to train us, educate us and help build our faith muscles.
- We must submit to God's discipline, correction, and training, then we will receive a harvest.

WARNING AND ENCOURAGEMENT:

- Do everything you can to be at peace with everyone around you. Matthew 5:9, Romans 12:18
- Let living a holy life be your pursuit.
- Don't let unforgiveness or difficult things produce a bitter root in your heart. Bitter roots produce bitter fruit.
- Do everything you can to avoid falling into the trap of sexual immorality.
- Don't become careless about God's blessings.

THE MOUNTAIN OF FEAR AND THE MOUNTAIN OF JOY:

- Mount Sinai
 - Can be touched (is physical). Covered in fire, darkness, gloom, and storms. Trumpet blast brought fear. Moses was terrified.

- Mount Zion
 - Heavenly city (is spiritual). Angels in joyful assembly. Church of the firstborn (those whose names are listed in heaven, to the spirits of the righteous made perfect). God as Judge. Jesus, the Mediator of a new covenant. Jesus' sprinkled blood.
 - Don't turn a deaf ear to what God is saying. Keep your spiritual ears open. Matthew 4:4, Revelation 2:7
 - The heavens and the earth will one day be shaken, but we are receiving a Kingdom that cannot be shaken.