



Learn Your Bible

Resources to help you learn and understand the Bible

Short Study 047: Hebrews 12 – The Race

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Read: Hebrews 12:1-13

Introduction: The ascended Lord had a sad rebuke for the church at Ephesus: “You have forsaken your first love” (Rev 2:4). The writer to the Hebrews was aware how Christians might weaken in their resolve to follow Christ and he exhorts his readers to keep going, as a runner must persevere to the end of the race.

This Study involves more questions for personal reflection than the ones we have followed so far, challenging us to persevere but, I hope, helping us to find the strength and motivation to keep going.

Verse 1: Who are the *witnesses* referred to here? Look back in the previous chapter to see this verse in its context.

Throw off hindrances. Some hindrances are external and beyond our control, but some may be burdens we don't have to bear, such as worry, bitterness, unforgiveness self-condemnation. What are you carrying that is weighing you down.? Can you give it to Jesus? (Read Matt 11:28).

Throw off entangling sin. Note how King David got more entangled trying to cover up his sin. Follow the deepening entanglement in 1 Sam 11:1-4, 6 & 13, 14-15. How can one get out of entanglement (Rev 2:5 & 1 John 1:9).

Run the race. See too 1 Cor 9:24. Why can the Christian life be described as a race?

Perseverance. Why does following Christ require perseverance? See too Luke 9:62.

Verses 2-3: What do these verses tell us will inspire us to keep going?

For the joy set before Him. Suffering on the cross would not have been a joyful expectation. What was?

Sat down. Being seated means one's work was finished. What work had Jesus finished?

Verses 4-12: *Discipline.* Think of the discipline of training to get fit for a race. It can be painful! What might God our Father use to discipline us for the Christian race? What discipline can we impose on ourselves to help us become and remain spiritually fit?

Strengthen feeble arms and weak knees. What does this mean?

To think about: You have had plenty to think about if you have followed this Study. Sum it up with “Am I running hard or am I flagging?”

To dig deeper: Read what you can find on Hebrews 11 and 12.

Follow the topic of Perseverance in a Topical Bible (or online at BibleHub.com – selecting Topic).