

## Hebrews 12:1-13 (ESV)

### *Jesus, Founder and Perfecter of Our Faith*

12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

### *Do Not Grow Weary*

<sup>3</sup>Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. <sup>4</sup>In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup>And have you forgotten the exhortation that addresses you as sons?

“My son, do not regard lightly the discipline of the Lord,

nor be weary when reproved by him.

<sup>6</sup>For the Lord disciplines the one he loves, and chastises every son whom he receives.”

<sup>7</sup>It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup>If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup>Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup>For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup>For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

<sup>12</sup>Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup>and make

## Hebrews 12:1-13 (NLT)

### *God's Discipline Proves His Love*

12 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. <sup>2</sup>We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. <sup>3</sup>Think of all the hostility he endured from sinful people; then you won't become weary and give up. <sup>4</sup>After all, you have not yet given your lives in your struggle against sin. <sup>5</sup>And have you forgotten the encouraging words God spoke to you as his children? He said,

“My child, don't make light of the Lord's discipline,

and don't give up when he corrects you.

<sup>6</sup>For the Lord disciplines those he loves, and he punishes each one he accepts as his child.”

<sup>7</sup>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? <sup>8</sup>If God doesn't discipline you as he does all of his children, it means that you are illegitimate and are not really his children at all. <sup>9</sup>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?

<sup>10</sup>For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in his holiness. <sup>11</sup>No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest

straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

of right living for those who are trained in this way.

<sup>12</sup>So take a new grip with your tired hands and strengthen your weak knees. <sup>13</sup>Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.