

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, ²looking 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

³Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. ⁴In your struggle against sin you have not yet resisted to the point of shedding your blood. ⁵And 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.

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

⁷It 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? ⁸If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹Besides 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? ¹⁰For 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. ¹¹For 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.

¹²Therefore lift your drooping hands and strengthen your weak knees, ¹³and 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. ²We 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. ³Think of all the hostility he endured from sinful people; then you won't become weary and give up. ⁴After all, you have not yet given your lives in your struggle against sin. ⁵And 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.

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

⁷As 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? ⁸If 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. ⁹Since 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?

¹⁰For 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. ¹¹No 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.

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