

# The Race of Faith

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*Hebrews 12:1-17*

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, <sup>2</sup> looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.



<sup>3</sup> For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. <sup>4</sup> You have not yet resisted to bloodshed, striving against sin. <sup>5</sup> And you have forgotten the exhortation which speaks to you as to sons:

*“My son, do not despise the chastening of the LORD,  
Nor be discouraged when you are rebuked by Him;*

<sup>6</sup> *For whom the LORD loves He chastens,  
And scourges every son whom He receives.”*

<sup>7</sup> If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? <sup>8</sup> But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. <sup>9</sup> Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? <sup>10</sup> For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. <sup>11</sup> Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

<sup>12</sup> Therefore strengthen the hands which hang down, and the feeble knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed.

<sup>14</sup> Pursue peace with all *people*, and holiness, without which no one will see the Lord: <sup>15</sup> looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; <sup>16</sup> lest there *be* any fornicator or profane person like Esau, who for one morsel of food sold his birthright. <sup>17</sup> For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears.

1. Verses 1-2 compare the life of faith to a race. How does the writer say we should run?

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2. What do these verses teach us about the time frame of the race of faith?

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3. What did Christ do when He finished His race? What does that symbolize?

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4. In verses 3-4, what did Christ endure during His race?

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5. What is chastening?

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6. What should our attitude to chastening be based on verses 5-9?

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7. What does chastening prove in verses 5-9?

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8. In verses 10-11, how is chastening beneficial?

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9. How do we deal with the side effects of the race of faith in verses 12-13?

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10. According to verses 14-17 why should we pursue peace and holiness with all people?

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11. Revisit Genesis 27:30-40 and see if you can determine why there was no room for repentance for Esau?

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