

Lesson for Midday and Evening Becoming Sessions

Hebrews 12:1-13

God Disciplines His Sons

Lesson Central Idea

God Doesn't Discipline Us To *Hurt* Us

God Disciplines Us To *Help* Us

OPEN IT

- How were you disciplined or corrected as a child?
- What do you think was good or bad about the way you were disciplined as a child?
- When did you endure a difficult circumstance only because you knew you would later be rewarded?

EXPLORE IT

- What should motivate followers of Christ to live for Him? (12:1)
- What kind of athletic imagery did the writer of Hebrews use in this passage? (12:1)
- What warning is given to those who would run the race of the Christian life? (12:1)
- What should be the focus of those who would live for Christ? (12:2)
- How is Jesus described in this passage? (12:2)
- What is the benefit of remembering what Christ has done? (12:3)
- How does our struggle compare with the difficulties that Christ faced? (12:4)
- What measures does the Lord sometimes take toward those who are his "sons"? Why? (12:5-6)
- What do we learn about God from the fact that He disciplines us? (12:6-7)
- What sobering truth can be inferred by those who never experience the discipline of God? (12:8)
- Why does God discipline His children? (12:9-10)
- In what sense does discipline have two sides? (12:11)
- How did the writer challenge the recipients of the letter to overcome spiritual weakness? (12:12-13)

GET IT

- How well are you running the Christian race?
- What wrong attitudes or actions tend to stop your spiritual growth?
- What do you think it means to “fix our eyes” on Jesus? (12:2)
- What are some specific ways God disciplines us?
- How can we tell when God is disciplining us?
- What state might your life be in if God neglected to discipline you when you went astray?
- How has God’s discipline made positive changes in your life?
- Why shouldn’t we lose heart when the Lord rebukes or corrects us?

APPLY IT

- How can you focus your thinking on Christ this week?
- How could you call on your Christian friends this week to help you preserve as a Christian?
- What do you want to remember the next time God disciplines you?
- What step of obedience can you take beginning today to eliminate the need for God to discipline you?

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BILLBOARD

Embrace God’s Discipline!