

## **Spiritual Fitness - Hebrews 12:1-13**

*We usually don't think about our spiritual health. The state of our spiritual lives. But we need to ask ourselves what areas we struggle with in our spiritual lives, and find ways to grow.*

*As we begin a series on Spiritual Fitness start asking yourself what's the area in your life that needs growth and development.*

*[Heb. 12:1-2](#) Jesus, Founder and Perfecter of Faith. In light of the previous examples of faith ([ch. 11](#)), and especially in light of Jesus' own model of endurance, believers are called to endure as runners in a race. -ESV*

## Spiritual Fitness - Hebrews 12:1-13

### Warming Up

1. What would you consider to be the biggest stresses / worries in your life?

### Into the Passage

*Read Hebrews 12:1-13*

2. What analogy does the writer use to describe the Christian life? (v1-2)
3. Why should we try to live in holiness? How is that possible (verses 1 - 2)?
4. In verses 3 - 4, we are told to remember the life of Jesus as encouragement. In your life, what does it mean to "consider him"?
5. What is the purpose of discipline? Why is it necessary (verses 5 - 10)?
6. Think back to a time you were punished. Was it positive or negative? Why?
7. What happens when we are disciplined (verse 11-13)?

### Moving Forward

8. Do you feel like you have drooping hands or weak knees?
9. What makes it hard to "run the race" well?

## Life Together

In the sermon spiritual fitness was broken down into:

1. Core Training
    - a. character
    - b. attitudes
    - c. knowledge
  2. Arms & Legs
    - a. prayer
    - b. worship
    - c. outreach
    - d. daily walk
    - e. families
  3. Endurance
    - a. sabbath
    - b. solitude
    - c. tempo
10. Spend some time sharing about these areas in your life. Where do you feel the strongest weakest?

## Spiritual Fitness - Hebrews 12:1-13

*These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Most of them are my own thoughts, so take that with a grain of salt. Let the Word of God lead you to truth, not these notes.*

### Into the Passage

Read Hebrews 12:1-13

2. What analogy does the writer use to describe the Christian life? (v1-2)

*A race.*

3. Why should we try to live in holiness? How is that possible (verses 1 - 2)?

*By fixing our eyes on Jesus. He perfects us. Sin entangles us.*

4. In verses 3 - 4, we are told to remember the life of Jesus as encouragement. In your life, what does it mean to "consider him"?

*There's great strength found in remembering Christ when undergoing temptation, or faced with difficulties or persecution. Developing a habit of engaging with Christ in those situations helps develop your character more.*

5. What is the purpose of discipline? Why is it necessary (verses 5 - 10)?

*Discipline (Gk. paideia) was a common term for childrearing through instruction, training, and correction; however, here Hebrews focuses on the call for perseverance (endure in [v. 7](#)) in the painful tests of life ([v. 11](#)). These tests are to their benefit, prove their sonship, and require a response of perseverance. The readers, then, should not be discouraged.*

*[Heb. 12:9-10](#) This lesser-to-greater analogy from the readers' own childhood training shows that it is appropriate for the heavenly Father to discipline, and it calls for a response of respect and submission; as a loving Father, the Lord always disciplines his children for their good. (ESV Study Bible)*

6. Think back to a time you were punished. Was it positive or negative? Why?

*personal question.*

7. What happens when we are disciplined (verse 11-13)?

*It yields fruit in our lives if we are trained by it. We discover purpose and the ability to move forward.*