

## **Confidence in the Builder – Hebrews 12:5-17**

### **No Pain No Gain**

#### **I. Our Attitude to Discipline 12:5-8**

Proverbs 3:11-12, Job 5:17

1. Let God love you as his son or daughter (12:5-8)
2. Take it seriously (12:5)
3. Don't be weary (12:5; Galatians 6:9; Psalm 51:12)

#### **II. God's Purpose in Discipline 12:9-10**

1. Live! (12:9)
2. For our good (12:10)
3. To share in his holiness (12:10)

#### **III. Our Participation in Discipline 12:11-17**

1. Maintain good posture (12:12)
2. Set yourself up for success and healing (12:13)
3. Strive for peace (12:11, 14; Romans 12:18)
4. Overcome bitterness with grace (12:15)
5. Value your spiritual birthright (12:16-17; Genesis 25 & 27; John 1:12)

## **Reflection Questions**

1. What in your life has required discipline? How did you discipline yourself? Why did you do it?
2. What do you need to do to not grow too weary (physically or emotionally) to participate in God's discipline?
3. Can you look back and recognize a time when God disciplined your life for your good, even though it was difficult at the time?
4. How can you "make your path more level" and set yourself up for success in obeying God.
5. Is there a relationship where God is calling you to do whatever you can to restore peace?
6. Can you recognize any "roots of bitterness" in your life that you need to weed out? How can you plant grace instead?
7. What gets in the way of you trusting God as your perfect loving heavenly Father and valuing your birthright as his beloved son or daughter.