

NOTE: This whole passage is meant for encouragement (“so that you don’t lose heart”)

Hebrews 12

Amplified Bible (AMP)

1 Therefore then, since we are surrounded by so great a cloud of witnesses [who have borne testimony to the Truth], *let us strip off and throw aside every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us*, and let us **run with patient endurance and steady and active persistence** the appointed course of the race that is set before us,

2 Looking away [from all that will distract] to Jesus, Who is the Leader *and* the Source of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]. He, for the joy [of obtaining the prize] that was set before Him, endured the cross, despising *and* ignoring the shame, and is now seated at the right hand of the throne of God.

3 Just think of Him Who endured from sinners such grievous opposition *and* bitter hostility against Himself [reckon up and consider it all in comparison with your trials], **so that you may not grow weary or exhausted, losing heart and relaxing and fainting in your minds.**

4 You have not yet struggled *and* fought agonizingly against sin, *nor* have you yet resisted *and* withstood to the point of pouring out your [own] blood.

5 And have you [completely] forgotten *the divine word of appeal and encouragement in which you are reasoned with and addressed as sons?*

“My son, do not think lightly *or* scorn to submit to the correction *and* discipline of the Lord, nor lose courage *and* give up *and* faint when you are reprov'd *or* corrected by Him;

6 For the Lord corrects *and* disciplines **everyone whom He loves**, and He punishes, (even scourges,) **every son whom He accepts and welcomes to His heart and cherishes.**” (Proverbs 3:11,12)

7 You must submit to *and* endure [correction] for discipline [**endure hardship as discipline**]; God is dealing with you as with sons. For what son is there whom his father does not [thus] train *and* correct *and* discipline?

8 Now if you are exempt from correction *and* left without discipline in which all [of God’s children] share, then you are illegitimate offspring *and* not true sons [at all].

9 Moreover, we have had earthly fathers who disciplined us and we yielded [to them] *and* respected [them for training us]. Shall we not *much more cheerfully submit* to the Father of spirits and so [truly] live?

10 For [our earthly fathers] disciplined us for only a short period of time *and* chastised us *as seemed proper and good to them*; **but He (always) disciplines us for our certain good**, that we may become sharers in His own holiness.

11 For the time being no discipline brings joy, but seems grievous *and* painful; **but afterwards** it yields a peaceable fruit of righteousness **to those who have been trained by it** [a harvest of fruit which consists in righteousness—in conformity to God’s will in purpose, thought, and action, resulting in right living and right standing with God].

Definitions:

DISCIPLINE [GR=paideia : (lit. “child-training”) “*training within restricting parameters; correction; instruction; nurture; preparation.*”

* **Discipline** looks forward to correct **future** behavior (for our good).

* **Punishment** looks backward to penalize for **bad** behavior (for our good).

-----GOD DOES **BOTH**--BUT **ALWAYS** IN LOVE.

-----HOW TO MAKE IT **HARDER** ON YOURSELF:

1) self-pity 2) grumbling (verbal form of self-pity) 3) rebellion 4) bitterness/anger

* **Self-discipline** [egkrateia] is fruit of the Holy Spirit (Gal. 5:23)

“God’s Ways Are Not Our Ways” “**DISCIPLINE**” (proof of God’s love & acceptance)