

¹ 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,

Hebrews 12:1 (ESV) Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and **sin which clings so closely**, and let us run with endurance the race that is set before us,

Hebrews 12:1 (NIV) Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the **sin that so easily entangles**, and let us run with perseverance the race marked out for us.

Endurance #5281 “steadfastness, constancy, endurance patiently and steadfastly”
Thayer’s Greek-English Lexicon of the New Testament (Word search 8)

² 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.

Hebrews 12:2 (NIV) Let us **fix our eyes on Jesus**, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Looking “to turn the eyes away from other things and fix them on something”; **Thayer’s Greek-English Lexicon of the New Testament (Word search 8)**

“has sat down at the right hand of the throne of God”

Hebrews 1:3, Hebrews 8:1, Hebrews 10:12

Also remember *Acts 2:29-33, Romans 8:34 & 1st Peter 3:22*

³ For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

Hebrews 12:3 (KJV) For consider him that endured such contradiction of sinners against himself, lest ye be wearied and **faint in your minds**.

Hebrews 12:3 (ESV) Consider him who endured from sinners such hostility against himself, so that you may not grow weary or **fainthearted**.

Remember: *Hebrews 10:36, 1st Peter 1:13, Philippians 3:13-14 & Revelation 2:9-10*

⁴ You have not yet resisted to bloodshed, striving against sin.

Romans 6:12-14, 1st Corinthians 9:26-27, 1st Peter 2:11

⁵ 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;*

Proverbs 3:11-12

Chastening (*paideias*). Old word from *paideuō*, to train a child (*pais*), instruction ([2 Tim. 3:16](#)), which naturally includes correction and punishment as here. **Word Pictures in the New Testament** (WORDsearch 8)

Hebrews 12:5 (ESV) And have you forgotten the exhortation that addresses you as sons? "My son, do not regard lightly the **discipline of the Lord, nor be weary** when reproved by him.

Hebrews 12:5 (NIV) And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the **Lord's discipline, and do not lose heart** when he rebukes you,

Hebrews 12:5 (NASB) and you have forgotten the exhortation which is addressed to you as sons, "My son, do not regard lightly the **discipline of the Lord, Nor faint** when you are reproved by Him;

⁶ *For whom the Lord loves He chastens, And scourges every son whom He receives."*

⁷ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?

⁸ But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.

⁹ 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?

¹⁰ 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.**

See: **2nd Corinthians 7:1 & 1st Peter 1:15-17**

¹¹ 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.**

¹² Therefore strengthen the hands which hang down, and the feeble knees,

Isaiah 35:3

¹³ and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed.

Proverbs 4:26-27

¹⁴ Pursue peace with all *people*, and holiness, without which no one will see the Lord:

Romans 12:18, Romans 14:19 & 2nd Timothy 2:22 for holiness see Hebrews 12:10

¹⁵ 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;

The word “root” comes from a word which describes a person. It is used “of a person disposed to apostatize and induce others to commit the same offence.” (Thayer) So the idea is not just an attitude of bitterness, but a person that would cause others to depart from the faith. This same warning was given by Moses to Israel. (Deut. 29:16-21)

Notes on the Book of Hebrews by W.C. Moseley pg. 147

¹⁶ lest there *be* any fornicator or **profane person** like Esau, who for one morsel of food sold his birthright.

Hebrews 12:16 (ESV) that no one is sexually immoral or **unholy** like Esau, who sold his birthright for a single meal.

Hebrews 12:16 (NASB) that *there be* no immoral or **godless** person like Esau, who sold his own birthright for a *single* meal.

Hebrews 12:16 (NIV) See that no one is sexually immoral, or is **godless** like Esau, who for a single meal sold his inheritance rights as the oldest son.

Genesis 25:29-34 & Genesis 27:30-46

¹⁷ 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.

“The idea is not that he would, or could not have repented; but rather that the act of repentance would not change what he had done. This is clear by the statement of Isaac in Gen.27:33. . . .” **Notes on the Book of Hebrews** by W.C.Mosely (page 148)

“The phrase *place of repentance* N.T.^o. This does not mean that Esau was rendered incapable of repentance, which is clearly contradicted by what follows;..... The words *place of repentance* mean *an opportunity to repair by repenting*. He found no way to reverse by repentance what he had done. The *penalty* could not be reversed in the nature of the case. This is clear from Isaac's words, [Genesis 27:33](#). **Vincent’s Word Studies in the New Testament (WORDsearch 8)**

Hebrews 12:17 (NIV) Afterward, as you know, when he wanted to inherit this blessing, he was rejected. He could bring about no change of mind, though he sought the blessing with tears.

¹⁸ For you have not come to the mountain that may be touched and that burned with fire, and to blackness and darkness and tempest,

¹⁹ and the sound of a trumpet and the voice of words, so that those who heard *it* begged that the word should not be spoken to them anymore.

Genesis 20:18-20

²⁰ (For they could not endure what was commanded: *“And if so much as a beast touches the mountain, it shall be stoned or shot with an arrow.”*)

²¹ And so terrifying was the sight *that* Moses said, "*I am exceedingly afraid and trembling.*")

²² But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels,

²³ to the general assembly and church of the firstborn *who are* registered in heaven, to God the Judge of all, to the spirits of just men made perfect,

²⁴ to Jesus the Mediator of the new covenant, and to the blood of sprinkling that speaks better things than *that of* Abel.

Hebrews 8:6 (NKJV) But now He has obtained a more excellent ministry, inasmuch as He is also Mediator of a better covenant, which was established on better promises.

Hebrews 7:24-25 (NKJV) ²⁴ But He, because He continues forever, has an unchangeable priesthood. ²⁵ Therefore **He is also able to save to the uttermost those who come to God through Him,** since He always lives to make intercession for them.

²⁵ See that you do not refuse Him who speaks. For if they did not escape who refused Him who spoke on earth, much more *shall we not escape* if we turn away from Him who *speaks* from heaven,

²⁶ whose voice then shook the earth; but now He has promised, saying, "*Yet once more I shake not only the earth, but also heaven.*"

²⁷ Now this, "*Yet once more,*" indicates the removal of those things that are being shaken, as of things that are made, that the things which cannot be shaken may remain.

²⁸ Therefore, since **we are receiving a kingdom which cannot be shaken,** let us have grace, by which we may **serve God acceptably** with reverence and godly fear

Daniel 2:44, Galatians 4:4-5, Acts 2:29-36, Colossians 1:13-14, 1st Thessalonians 2:12 & 2nd Thessalonians 1:3-5

²⁹ For our God *is* a consuming fire.

Questions Chapter 12

1. Explain what it means to run with endurance.

2. How does Thayer's Greek English Lexicon define "*looking*" in the phrase "*looking unto Jesus*"?

a. Why is that such an important lesson to remember?

Questions Chapter 12

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3. List the section of Hebrews 12 that describes the chastening of the Lord.
 - a. What is the purpose of the chastening of the Lord?
 - b. Will all respond favorably to the chastening of the Lord?
4. How might you explain the phrases, “*hands which hang down*” and “*feeble knees*”?
 - a. What was to be done concerning this matter?
5. List and comment on two things that were to be pursued.
6. How does W.C. Moseley explain the phrase, “*root of bitterness*”?
7. Who is described as a profane person? Why?
8. How might one fall short of the grace of God today?
9. Explain the lesson or lessons to be learned from verse 25.
10. What type of kingdom have we received?
11. Give an example as to how one’s service to God may be unacceptable.
 - a. How is one to serve God?