



September M&M - Hebrews 12.1-17

It is difficult to extract this passage out of the context of the whole book of Hebrews. Please take the time the entire book before beginning the study. You might want to do the study over a couple of days so that you can dig deep. Besides, reading and then just thinking about for a day or two will allow the Holy Spirit to teach because He has your attention.

Who wrote Hebrews? It's not a trick question, but it isn't clear. Who are some possibilities?

From your reading or other study, what themes emerge as you read the book? What verses do you recognize?

What is the theme of chapter 11? List the heroes of the faith included here. In verses 32-38, some of the faithful are described but not names. Can you identify any of them? Which hero of the faith stands out to you?



What characteristics of faith are commended here? Verse 40 is poignant, what does it say about

Our passage begins with 'Therefore'. In light of chapter 11, what is this 'therefore' there for? Interestingly, there are 24 'therefores' in Hebrews.

Who is our 'cloud of witnesses'? Many are listed in chapter 11, but who else do you know personally who is in your cloud? I have my Popa Mac and Nana Burt and Coach Johnson. Who do you have?

There are twelve uses of 'let us' in Hebrews. Here is verse one there are two, what are they? There is one implied in verse 2, what is it?

1. Let us _____
2. Let us _____
3. Let us _____



Jn 3:30

M & M

Memorize & Meditate

With these admonishments in mind, what are some things/habits that are currently encumbering you, weighing you down and making it hard for you to 'run the race set before' you?

What sin is entangling you, keeping you from a right relationship with God?

What do you have your eyes set on instead of God the Father, Jesus the Son and the Holy Spirit? What is distracting you from the glory and goodness of God?

Who is Jesus according to verse 2? What do those two terms mean?



Jn 3:30

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Memorize & Meditate

Look at Philippians 2.1-11, especially verses 5-8. How did Jesus go to the cross? In Hebrews 12.2b what two other are add to the picture of Jesus on 2b the cross? What do each of these descriptions mean?

- 1.
- 2.
- 3.

Where did Jesus return to after His resurrection?

When we get tired, exhausted, overwhelmed, discouraged, frustrated , impatient, or angry, what does verse 3 direct us to do? What difference can this make?



Jn 3:30

M & M

Memorize & Meditate

What is discipline? Why is it necessary? Why is it important? How does verses 6-11 describe the purpose of discipline?

How do our children respond when we discipline them? What is our goal as parents when we discipline them? The Lord disciplines those He loves. How do you respond to His disciplining love? Might you consider thanking Him?

Verse 12 begins with the second 'therefore' in our passage. What is this 'therefore' there for?



Jn 3:30

M & M

Memorize & Meditate



In verses 12-16 lists 8 instructions for believers. List them:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Again in this passage we are encouraged to help one another. Verbs like 'strengthen', 'make', 'pursue', and 'see to it' call for action. Can you think of someone who needs your help or encouragement? Don't delay-pray and act today!

