

# Suffering as Sons

Their Suffering – v4-8

Their God – v9

Their Discipline – v10-11

Application – v12-13

## Hebrews 12:4-13 ESV

<sup>4</sup>In your struggle against sin you have not yet resisted to the point of shedding your blood. <sup>5</sup>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.

<sup>6</sup>For the Lord disciplines the one he loves, and chastises every son whom he receives.”

<sup>7</sup>It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup>If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup>Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup>For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup>For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

<sup>12</sup>Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup>and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.