



Don't Be Surprised

HEBREWS 12:1-17

"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." (Hebrews 12:11, ESV)

Review the Sermon

Read Hebrews 12:1-4.

In what ways is your struggle against sin an inevitable source of suffering?

Read Hebrews 12:5-11.

How should your identity, as a child of a loving Father, lead you to expect suffering?

Read Hebrews 12:12-17.

How does the way in which you suffer impact others?

Assess your Life

What has caught you off guard – negatively or positively – in past suffering?

Of the 3 points in the text about suffering (struggling against sin, a loving Father's discipline, impact on others), which one currently challenges you the most? Why?



In response to v1, what weights and/or sin have you struggled to “lay aside” that may be a cause of suffering?

Apply the Truth

What life-habits can help you to “look to Jesus” in your struggle against sin?

How can you more effectively respond to your heavenly Father’s loving discipline?

What can you immediately do to “see to it...that no root of bitterness springs up and causes trouble” (v15) when you suffer? How can you “strive for peace with everyone and for holiness...” (v14) in those moments?

Commit this Week

Will you commit to preparing your heart for suffering that is a necessary part of your discipleship?

“Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.” (Hebrews 12:12–13, ESV)