



January 10, 2021
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SPIRITUAL REHABILITATION Hebrews 12:3-17

Consider Jesus SO THAT you will not be depleted and defeated Hebrews 12:3-4

Hebrews 12:3 – “For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.”

- Jesus endured hostility to the point of death to include you in His family.
- Fixing our eyes and minds on Him is the key to not losing hope.
- You have not yet resisted to the point of shedding blood in your striving against sin.

Say yes to discipline SO THAT you will be made holy Hebrews 12:5-11

Hebrews 12:11 – “All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.”

- All of God's discipline is because we are members of His family.
- Three different words for discipline in this passage
 - παιδεία (paideia) 'discipline' - training, nurture, correction.
Used 10 times
 - μαστιγόω (mastigoō) 'to whip' - to flog, whip, scourge; metaphorically to punish or chastise.
Used 1 time.
 - ἐλέγχω (elenchō) 'to rebuke' - to expose; to rebuke, refute, show fault; to convince, convict, to test.
Used 1 time.

THEREFORE! Hebrews 12:12-17

- Since we are God's family, here's how we should act as family members:
 - Strengthen the weak
 - Pursue peace with everyone
 - Remove bitterness
 - Repent sincerely

DIGGING DEEPER HEBREWS 12:3-17

1 Preparation If possible, find a quiet and comfortable place. Rid yourself of distractions. Open yourself to God and intend to learn from Him with a prayer like this: *"Lord, here I am, I present myself to You. Open my heart to the truth of what is going on in my life through the work of the Holy Spirit."*

2 Read the Text: Read **Hebrews 12:3-17** a few times until you have a clear understanding of the passage.

3 Contemplate + Journal Spend time thinking about and journaling your thoughts to the following questions. If you meet with a LifeGroup, you can also share your responses with them and have a great discussion.

- What is a word or phrase the Lord impressed on you in this time? Meditate on that.
- Ask the Lord, "Lord, what are seasons or times in my life where I have experienced your discipline? How did you use this to transform me?"
- Ask the Lord, "Lord, how am I being disciplined right now? What are you doing in my life? What is it you want me to become and do so I can do your will?"
- How and what do you feel? Is there a specific situation in your life that relates to this passage today? Pray through this for a moment.

4 Praise + Worship Worship is an act or mindset shift that realigns us to the reality of who God is. Find this song on Spotify, YouTube, AppleMusic, etc. and the lyrics if you would like to read or sing along. Make this song your prayer and declaration of praise and worship as you hear truths being sung over you. Allow the Lord to minister to your heart in this time. **Song Recommendation: "Stand in Your Love" by Josh Baldwin**

5 Closing Prayer Spend some time in prayer. Whether it is simply sitting in God's loving presence, expressing thankfulness and gratitude, and/or offering up supplication, pray what is on your heart.

Blessing *May you know that "the LORD corrects those he loves, just as a father corrects a child in whom he delights." May you trust his leading in your life. Proverbs 3:12*

Your Response Today: Do you want to take a next step in your faith, ask for prayer, or learn more about following Jesus? Take a moment to fill out our online connection card by texting "**Card**" to **970-00**

Discover More: Learn about ways you can connect to life at Calvary by subscribing to weekly pastoral updates, growing in community through a LifeGroup, finding resources to give or receive care and help through this season, and discovering ways you can give to help make a difference locally and globally at **CalvaryLife.org**