

# **CAUTION**

**This Grace Group contains explicit BIBLICAL content. It contains graphic expressions of PRAYER. The language may not be suitable for visitors offended by non-profane references to JESUS. You are strongly cautioned that your flesh may be in serious danger.**

# HEBREWS



Golden  
Gate

**Heb 12:12-15**

# OUTLINE

|                                      |                    |
|--------------------------------------|--------------------|
| <b>I. The Superiority of Christ</b>  | <b>1:1-10:18</b>   |
| <b>II. The Response of Faith</b>     | <b>10:19-13:25</b> |
| <b>B. The Life of Faith</b>          | <b>11-12</b>       |
| <b>1. Triumph of Faith of Heroes</b> | <b>11</b>          |
| <b>2. Training for Faith</b>         | <b>12</b>          |
| <b>a. Running the Race of Life</b>   | <b>12:1-13</b>     |
| <b>1) Running with Endurance</b>     | <b>12:1-3</b>      |
| <b>2) Training for Race</b>          | <b>12:4-11</b>     |
| <b>3) Strength for Race</b>          | <b>12:12-13</b>    |

**12:12 Therefore, strengthen the  
hands that are weak and the  
knees that are feeble,**

**Race of Life =  
By faith, fulfilling all  
that our Lord has  
designed for us  
(Eph 2:10)**

# **4 EXHORTATIONS**

- 1. Strengthen ... 12**

**12:12 Therefore, strengthen the  
hands that are weak and the  
knees that are feeble,**

# OT ALLUSIONS

➤ 12 - Isa 35:3



# OVERCOME OBSTACLES

**1. Aid Overwhelmed believers**

**12:12-13** Therefore, strengthen the hands that are weak and the knees that are feeble, 13 and **make straight paths** for your feet, so that the limb which is lame may not be put out of joint, but rather be healed.

# **4 EXHORTATIONS**

- 1. Strengthen ... 12**
- 2. Make straight ... 13**

# **OT ALLUSIONS**

- **12 - Isa 35:3-4**
- **13 - Prov 4:26**

**12:12-13 Therefore, strengthen the hands that are weak and the knees that are feeble, 13 and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed.**



**ΕΚΤΡΑΠΩ -  
to sprain,  
dislocate**



# OVERCOME OBSTACLES

- 1. Aid Overwhelmed believers**
- 2. Help Exhausted believers**

# OUTLINE

- |                                      |                    |
|--------------------------------------|--------------------|
| <b>I. The Superiority of Christ</b>  | <b>1:1-10:18</b>   |
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| <b>1. Triumph of Faith of Heroes</b> | <b>11</b>          |
| <b>2. Training for Faith</b>         | <b>12</b>          |
| <b>a. Running the Race of Life</b>   | <b>12:1-13</b>     |
| <b>b. Obstacles in the Race</b>      | <b>12:14-17</b>    |

**12:14 Pursue peace with all men,  
and the sanctification without  
which no one will see the Lord.**

# **4 EXHORTATIONS**

- 1. Strengthen ... 12**
- 2. Make straight ... 13**
- 3. Pursue ... 14**

# Many obstacles of RACE



# OVERCOME OBSTACLES

- 1. Aid Overwhelmed believers**
- 2. Help Exhausted believers**
- 3. Be Peacemaker with unbelievers**

**12:14 Pursue peace with all men,  
and the sanctification without  
which no one will see the Lord.**

# **4 EXHORTATIONS**

- 1. Strengthen (pl) ... 12**
- 2. Make straight (pl) ... 13**
- 3. Pursue (pl) ... 14**
- 4. Pursue (pl) ... 14**

**12:14 Pursue peace with all men,  
and the sanctification without  
which no one will see the Lord.**

# OVERCOME OBSTACLES

- 1. Aid Overwhelmed believers**
- 2. Help Exhausted believers**
- 3. Be Peacemaker with unbelievers**
- 4. Keep personal Walk consistent**

**12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;**

# OVERCOME OBSTACLES

- 1. Aid Overwhelmed believers**
- 2. Help Exhausted believers**
- 3. Be Peacemaker with unbelievers**
- 4. Keep personal Walk consistent**
- 5. Direct believers to Resources**

**12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;**

# **OT ALLUSIONS**

- **12 - Isa 35:3**
- **13 - Prov 4:26**
- **15 - Deut 29:18-19**

**12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;**

# OVERCOME OBSTACLES

- 1. Aid Overwhelmed believers**
- 2. Help Exhausted believers**
- 3. Be Peacemaker with unbelievers**
- 4. Keep personal Walk consistent**
- 5. Direct believers to Resources**
- 6. Solve issues of Bitterness**

**12:15-16 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; 16 that there be no immoral or godless person like Esau, who sold his own birthright for a single meal.**

**12:15-16 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; 16 that there be no immoral or godless person like Esau, who sold his own birthright for a single meal.**

A photograph of a sunset over the Sea of Galilee. The sun is a bright, glowing orb in the center of the frame, partially obscured by a thin layer of clouds. The sky is a mix of soft orange, yellow, and pale blue. The water of the sea is dark, with a shimmering path of golden light reflecting the sun's rays down to the foreground. The foreground shows the dark silhouette of a hillside with some sparse vegetation.

**Self-DISCIPLINE**  
**continues as you run the race!!!**

**Sea of Galilee from Kursi**