

The Book of Hebrews

9

Morning Devotions

Select a passage in God’s Word. Talk with the Lord as you read the passage, then go back and find one or two verses that the Lord has impressed on your heart and meditate on them.

Morning Study

This morning we study the tenth section of **Hebrews** – **chapter 12**. This section can be divided into three subsections.

Read Hebrews 12:1-3

- ☞ What are we told to throw off? (**12:1**).
- ☞ We are to run the race marked out “for us.” How does this relate to **11:1-40**?
- ☞ And how, particularly, does **12:1** relate to its preceding verse – **11:40**?
- ☞ Who are we to fix our eyes on? (**12:2**).
- ☞ What are the similarities between **12:2** and **3:1**?
- ☞ What word occurs in **12:2** that occurs repeatedly throughout **chapter 11**?
- ☞ How does **12:1-2** relate to **11:24-26**?
- ☞ For what “joy set before him” do you think Jesus endured the Cross? (**12:2**).
- ☞ Why are we to consider Jesus’ endurance? (**12:3**).
- ☞ What similarities do you see between **12:2** and **1:3**?

Read Hebrews 12:4-13

- ☞ What had the Hebrew readers forgotten? (**12:5-6**).
- ☞ What did the writer encourage his readers to regard hardship as? (**12:7**).
- ☞ Why does God discipline us? (**12:10**).
- ☞ What does this discipline produce? (**12:11**).
- ☞ In the face of hardship, what encouragement does the writer bring? (**12:12-13**).

Read Hebrews 12:14-29

- ☞ What is needed in order to see the Lord? (**12:14**).
- ☞ In **11:6** and **12:14**, we see two things that a Christian cannot do “without” – the first is needed to *please* God and the second to *see* God. What are they?
- ☞ Why does the writer give the example of Esau? (**12:14-17**).
- ☞ How are the two mountains, Sinai and Zion, compared? (**12:18-24**).
- ☞ Why is God going to shake everything that can be shaken? (**12:27**).
- ☞ What should be our response to this? (**12:28-29**).

Memory Verse

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2

Here are a few suggestions that may help you to memorize your memory verse:

- ➡ Ask the Lord to help you remember his Word (see [John 14:26](#)).
- ➡ Use the version of the Bible you are most familiar with. What you normally read in your Bible is what you need to be memorizing.
- ➡ Don't just memorize the contents of the verse; memorize its "address" (the verse reference) as well. You can do this by following this pattern: Step 1: **reference**; Step 2: **verse content**; Step 3: **reference**. Then repeat steps 1-3. Note that you are quoting the reference twice as many times as you quote the actual verse content. This gives the verse a clear "reference tag."
- ➡ After you have read your memory verse out aloud several times, try going through your memory verse *without* reading your computer screen.
- ➡ Look up your memory verse in your Bible. Look at its immediate context and read the verses that come before and after your memory verse.
- ➡ Print out your memory verse or jot it down on a piece of paper. Take this paper with you when you go to work or do other daily activities. Meditate on the meaning of the verse throughout the day.
- ➡ During your noon appointment with the Lord, take out your memory verse and go over it again. Talk to the Lord about what this verse means to you personally.
- ➡ In the evening (at either your evening study or your evening devotions), see if you can quote your memory verse from memory. Then, without looking at the memory verse itself, see if you can find it in your Bible.
- ➡ The next day, before you begin committing a new verse to memory, rehearse your previous day's memory verse and see if you can remember it (without cheating!).
- ➡ Finally, at the end of the week (possibly on the Sunday), collect all your week's memory verses, rehearse them and see if you can recall them without reading them. Spend a little extra time on any verses you have difficulty recalling.
- ➡ Remember: Don't just memorize a verse. Put it into practice ([James 1:22](#)). It is not being able to quote a verse from memory that counts. It is His Word *abiding* in your heart that counts ([John 15:7](#)). When you actually apply a verse consistently to your daily life, that is when you *truly* know that verse!