

“Trust the Trainer”
Hebrews 12:4-11

Ice Breaker:

What discipline did you receive as a child that you resented then but now appreciate? (chores, instrument practice, putting things away, being on time)

Read: Hebrews 12:4-11

1. What insight, principle or observation did you find to be most fresh, eye-opening or troubling? Explain.
2. What is the relationship between Hebrews 11, Hebrews 12:1-3 running the race and Hebrews 12:4-11?
3. As a group, settle on a good working definition of ‘discipline.’ What does it mean?
4. What is your typical response to pain, trials and suffering?
5. Share a time when God disciplined you and it drew you back to His heart or opened your eyes to the truth.
6. Are you more tempted to ‘lightly regard’ God’s discipline and blow it off or be overwhelmed and paralyzed by it?
7. Do we always recognize when we’re getting disciplined?
8. What’s the hardest thing you are going through right now? How is God using this in your life?
9. What exercises does God want you to exercise and sweat-it-out at?

Pray with each other:

October 1, 2017

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Most Americans expect 'comfort.' We live in a fast food age where, if our order doesn't arrive within 5 minutes, we demand free food. We also expect our sanctification process (a mature and holy life with God) to come just as quick and easy. We are so you used to "have it your way" Burger King thinking, that we don't know how to deal with suffering, pain or trials that come with God's training plan for us. The Bible challenges us to a faith that trusts the Trainer especially when the road is painful and unknowable. Trust the Trainer.

1. Expect it. (verse 4)
2. Soak in it. (verse 5)
3. Listen well. (verse 5)
4. Trust the Trainer. (verses 6-11)

Next Step:

Ask a different question: In face of suffering it's easy to ask "why me?" So how often do you question God's blessings? Instead ask "God, why have you been so kind to me, been merciful to me, forgiven me? Why did I have such a good day today? Why have You provided for me every basic need today? Why have You blessed me with this relationship? Thank you Lord."

Write a letter to your father (earthly or heavenly) about discipline. Talk about your past responses to discipline. If you are honestly able to, include a few sentences of thankfulness. Make this a time of worship to your heavenly Father.