Wednesday Morning Senior Adults Bible Study
THE BOOK OF HEBREWS
October 14, 2026

HEBREWS 12

12:1-3 — Fix Your Eyes on Jesus

12:1 — The writer encourages us to throw off…
…and run with perseverance the…

12:2 — Why did Jesus endure the cross?

12:2-3 — We should fix our _____ on Jesus and consider him & the opposition he faced so we won't _____ and _____.

12:4-13 — Endure hardship as God's discipline

12:4 — Why do you think the writer refers to "your struggle against sin" rather than "persecution" (to which he is clearly referring, as in 10:32-34)?

12:5-11 — Summarize the writer's teaching about God's discipline in your own words:

- *DO NOT…*
- *BUT DO…*
- *BECAUSE…*
- *AND THE REWARD IS…*

12:5-11 — What does this teaching about God's discipline say about our identity and our relationship with God?

for class discussion…

Using the writer's argument in 12:5-11, respond to this statement: *If God were truly a loving God, he would heal all sick people, supply food to the hungry, end persecution, and protect all the innocent.*

12:11 — No discipline seems _____ at the time, but painful. Later on, however, it produces a harvest of _____ and _____ for those who have been trained by it.

12:14-17 — Be holy

The writer's argument in Hebrews goes something like, "Endure all hardship for the sake of Jesus our high priest who endured the cross for us, and do not ever fall away." This argument concludes with 12:4-13. From here to the end, the writer makes application of his teaching by expressing ways that we should live faithfully for God.

12:14 — Make every effort to live in _____ with everyone and to be _____.

12:15 — Don't let anyone fall short of the _____ of God. Don't let any bitter _____ grow up to cause _____ and defile many.

12:16-17 — Don't let anyone be sexually _____. Don't let anyone be godless like _____. *What did he do foolishly that could not be undone?* ***(Read his story in Genesis 25:19-34.)***

12:18-29 — The city and kingdom

Recall ***Exodus 19,*** *the story of Israel meeting God at Mount Sinai in Moses' time, just before God gave Israel the Ten Commandments.*

12:18-21 — What was so terrifying about Israel's encounter with God at Mount Sinai?

12:22-24 — Our encounter with God is far more joyful. In coming to God through Jesus, our high priest, we have come to…

• Mount _____, the _____ of the living God, the heavenly _____

for class discussion…
What does this terminology (in 12:22) refer to? ***Hint: See Revelation 21:1-5, 9-10.)***

• thousands upon thousands of _____ in joyful assembly

• the _____ of the firstborn, whose names are written in heaven *(Who is the "firstborn"? Why?----**Hint: See Revelation 1:5.**)*

• God, the _____ of all

• the _____ of the righteous made perfect

• _____ the mediator of a new covenant

• the sprinkled _____ that speaks a better word than the blood of _____

12:25-27 — Having reminded us of the overwhelming joy of our encounter with God, what warning does the writer now give?

12:28-29 — Therefore, since we are receiving a _____ that cannot be shaken, let us be _____, and so _____ God acceptably with reverence and awe, for our "God is a consuming _____."