

Hebrews 12:4-17

v4 – struggle	(noun)	a long and difficult attempt to achieve something
v4 – sin	(noun)	rejection of God; rebellion against God
v4 – resisted	(verb)	fought back
v4 – ‘shedding your blood’		dying; being killed
v5 – discipline	(noun)	punished for doing wrong so that you will be trained to do what is right
v5 – rebukes	(verb)	speaks severely to someone because they have done something wrong
v6 – chastens	(verb)	corrects by using punishment
v7 – endure	(verb)	experience a difficult situation but not give up
v8 – legitimate	(adjective)	a child whose parents were married before they were born
v10 – holiness	(noun)	perfection; purity
v12 – feeble	(adjective)	weak
v13 – level	(noun)	flat
v13 – lame	(noun)	unable to walk because of damage to one or both legs
v15 – grace	(noun)	undeserved kindness of God
v15 – bitter	(adjective)	showing anger, hurt or disappointment because of bad experience or sense of unjust treatment
v15 – defile	(verb)	make something dirty or damaged

Hebrews 12:4-17 (New International Reader's Version)

⁴You struggle against sin. But you have not yet fought to the point of spilling your blood. ⁵Have you completely forgotten this word of hope? It speaks to you as a father to his children. It says,

“My son, think of the Lord’s training as important.

Do not lose hope when he corrects you.

⁶The Lord trains the one he loves.

He corrects everyone he accepts as his son.”

⁷Put up with hard times. God uses them to train you. He is treating you as his children. What children are not trained by their parents? ⁸God trains all his children. But what if he doesn’t train you? Then you are not really his children. You are not God’s true sons and daughters at all. ⁹Besides, we have all had human fathers who trained us. We respected them for it. How much more should we be trained by the Father of spirits and life! ¹⁰Our parents trained us for a little while. They did what they thought was best. But God trains us for our good. He does this so we may share in his holiness. ¹¹No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does this for those who have been trained by it.

¹²So put your hands to work. Strengthen your legs for the journey. ¹³“Make level paths for your feet to walk on.” Then those who have trouble walking won’t be disabled. Instead, they will be healed.

¹⁴Try your best to live in peace with everyone. Try hard to be holy. Without holiness no one will see the Lord. ¹⁵Be sure that no one misses out on God’s grace. See to it that a bitter plant doesn’t grow up. If it does, it will cause trouble. And it will make many people impure. ¹⁶See to it that no one commits sexual sins. See to it that no one is godless like Esau. He sold the rights to what he would receive as the oldest son. He sold them for a single meal. ¹⁷As you know, after that he wanted to receive his father’s blessing. But he was turned away. With tears he tried to get the blessing. But he couldn’t change what he had done.