

Study of Hebrews #62
“Important Instructions for Finishing Well”
Text: Hebrews 12:12-17

I. Introduction and review

II. Important instructions for finishing our race well

1. Run while experiencing weakness and obstacles.
2. Run while helping others run.
3. Run while striving for peace and holiness.
4. Run while depending on God’s grace.
5. Run while being on guard.
 - a. Against roots of bitterness
 - b. Against sexual immorality
 - c. Against worldliness

III. Conclusion – a final word

QUOTES

1. Al Mohler:

- *Weak knees are an almost universal illustration of fear. You don't have to be a Jew or a Gentile, or an ancient or a modern to get this.*
- *In this context of the new covenant community, the readers were called to watch over one another—from the weakest brother to the strongest—so that all in their midst would grow in holiness and obtain the grace of God.*
- *Seeking peace with everyone is part and parcel of the path of righteousness on which the author encourages his people to run.*

2. Charles Spurgeon:

- *You will be of great value in the Church of God if you acquire the art of compassion, and are able to help those that are bowed down.*
- *We must remember that though we are saved by grace, yet grace does not stupefy us, but rather quickens us into action. Though salvation depends upon the merits of Christ, yet those who receive those merits receive with them a faith that produces holiness.*
- *[Esau] was thus guilty of spiritual fornication, preferring his meat to his Maker, thinking more of one morsel of meat than of his birthright.*

3. ESV Study Bible:

A bitter and resentful person is like a contagious poison, spreading his resentment to others.

4. Simon Kistemaker:

Such a person causes trouble among God's people by disturbing the peace. With his bitter words, he deprives the believers of holiness.

SUPPORTING SCRIPTURE:

- **Ps. 90:17; Job 4:3-4; Is. 35:3-4; Is. 40:3-4; Eph. 6:10**
- **Rom. 15:1; Is. 42:3; Heb. 3:13; Heb. 4:11; Heb. 6:11**
- **Ps. 34:14; Rom. 14:19; Rom. 12:18**
- **Eph. 2:8-9; Titus 2:11-14; 1 Cor. 15:10; 1 Pet. 5:5; Jn. 1:16; Matt. 25:29; 2 Cor. 9:8**
- **Deut. 29:18-19**
- **1 Cor. 6:18-20**