

Scripture Readings:

Hebrews 12: 5-14 ESV

⁵ And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him.”⁶ For the Lord disciplines the one he loves, and chastises every son whom he receives.”

⁷ It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? ⁸ If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. ⁹ Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? ¹⁰ For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. ¹¹ For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

¹² Therefore lift your drooping hands and strengthen your weak knees, ¹³ and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. ¹⁴ Strive for peace with everyone, and for the holiness without which no one will see the Lord.

Additional Readings:

1 Corinthians 9:27

1 Corinthians 11:32

Digging Questions:

1. How does the Lord treat us when we are disciplined?
2. According to the passage, what is the point of discipline?
3. How should we deal with discipline?
4. What should we strive for?

Reflection Questions:

1. What is the difference between discipline and condemnation?
2. Is discipline always negative?
3. Give some examples of negative discipline and positive discipline?
4. What are some ways we can be self-disciplined to be better people and closer to God?
5. What are some things that get in the way of our discipline?
6. What practical steps can we take to be better at receiving correction when needed and be self-disciplined?