



Open it

1. What's the most exhausted you have ever been?

Daily Devotions

Day 1

Today's Theme: Explore It

Read Hebrews 12:3–17

2. In their struggle against sin, to what point had they not yet resisted?
3. What is the consequence of not receiving discipline from God?
4. What do we share in when we receive God's discipline?
5. What should we see that no one fails to receive?

Day 2

Today's Theme: Fighting the Good Fight

Read Hebrews 12:3–6

Think of the temptations that you have fought during your Christian life. What was the hardest temptation to resist? Maybe it was lying to your parents. Or maybe it was cheating on a test. Maybe it was looking at something online that you know is wrong. Maybe it's looking down on someone else or gossiping to your friends about someone. Were you able to fight off the temptation, or did you end up committing the sin?

If we're honest with ourselves, a lot of times we don't put up much of a fight against sin. We often haven't felt the strongest temptation that Satan has available. That's what this passage is saying. Jesus experienced temptation so strong, but He was willing to resist temptation, even though His perfection led Him to the cross—where He died, shedding His blood for our sin. Imagine fighting sin so strongly that it led us to death. He could have been like, "No, I'm God. I don't need to die for these people." But He resisted that temptation, even though it cost Him His life.

Since Jesus has conquered temptation stronger than anything we have faced, and He gave us his Holy Spirit, we can resist temptation a lot stronger than we think. All we have to do is consider Jesus.

6. What does it look like to consider Jesus when you are being tempted?

7. What is the connection between temptation and discipline?

Day 3

Today's Theme: Learning the Hard Way

Read Hebrews 12:7–11

Discipline is so interesting. It is putting someone through something difficult so that they learn to be strong later. Discipline is often seen in a negative light as something cruel. But we do not serve a cruel God. As a matter of fact, this passage tells us that it is God's discipline that shows that we belong to His family. It is enduring a temporary discomfort for a future good.

This can be a hard concept to come to terms with. It's very difficult to look past our present experiences and think about a future reality. In other words, it's difficult to be patient. Charles Spurgeon once said, "Many believers are deeply grieved, because they do not at once feel that they have been profited by their afflictions. Well, you do not expect to see apples or plums on a tree which you have planted but a week. Only little children put their seeds into their flower-garden, and then expect to see them grow into plants in an hour."

We can either discipline ourselves to do what's right, or God will discipline us out of His love!

8. What difficulties have you experienced that you have yet to see God bring good out of? How can you know that He will bring good out of them?

9. Why can it be difficult to have a long-term perspective on hardship we face?

Day 4

Today's Theme: Promises from God

Read Hebrews 12:12–17

The command here is simple. Give people the grace of God. Make sure no one fails to obtain it. God's grace is the heartbeat of the Christian faith. But a lot of times, when we think of the opposite of grace, we often think of revenge. The author of Hebrews brings a very different contrast to the table.

We need grace so that bitterness doesn't affect us. Why would this be the case? Bitterness and grace cannot coexist. If you are bitter toward someone, you cannot show them grace. Bitterness holds on while forgiveness lets go. If you really want to take this command seriously, you need to fight off bitterness. This won't be easy, and you may not see benefits right away, but the more you practice grace, the more the benefits will come.

10. Are there any actions that regularly make you bitter towards others? What are some of those things?

11. How can we show grace to people we are bitter towards?

12. What habits can we build to foster an attitude of grace rather than bitterness?