

## HELPS FOR THE SPIRITUALLY TIRED

Hebrews 12:1-3

**THEREFORE**, since we are surrounded by so many examples *of faith*, we must get rid of everything that slows us down, especially sin that distracts us. We must run the race that lies ahead of us and never give up. We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Then he received the highest position in heaven, the one next to the throne of God. Think about Jesus, who endured opposition from sinners, **so that you don't become tired and give up**.

... **so that you will not grow weary and lose heart.** (NAS)

... **not lose heart and come to grief.** (NJB)

**INTRODUCTION** – Symptoms of *Spiritual Fatigue*

### HELPS FROM THE BOOK OF HEBREWS:

1. In these days \_\_\_\_\_.  
In the past God spoke to our ancestors at many different times and in many different ways through the prophets. In these days he has spoken to us through his Son. Heb 1:1-2 (GWN)
2. \_\_\_\_\_.  
For this reason we must pay much closer attention to what we have heard, so that we do not drift away from it. For if the word spoken ... proved unalterable, ... how will we escape if we neglect so great a salvation? After it was at the first spoken through the Lord, it was confirmed to us by those who heard. Heb 2:1-3 (NAS)
3. \_\_\_\_\_.  
Brothers and sisters, you are holy partners in a heavenly calling. so consider Jesus, the Apostle and High Priest of our confession. Heb 3:1  
... So look carefully at Jesus. Heb 3:1 (GWN)
4. Let us \_\_\_\_\_.  
God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. Heb 4:1 (NLB)
5. \_\_\_\_\_.  
... Christ did not honor himself by assuming he could become High Priest. No, he was chosen by God, who said to him, "You are my Son. Today I have become your Father. ... While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God. Even though Jesus was God's Son, he learned obedience from the things he suffered. Heb 5:5-8 (NLB)

6. \_\_\_\_\_.  
Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, ... having tasted the good word of God and the powers of the age to come, ... we are convinced of better things concerning you, and things that accompany salvation. Heb 6:1, 5, 9
7. \_\_\_\_\_.  
You can see how important Melchizedek was. Abraham gave him a tenth of what he had captured, even though Abraham was the father of the chosen people. Heb 7:4 (GWN)
8. Identify the \_\_\_\_\_ and what is \_\_\_\_\_.  
When God found fault with his people, he said: "The day is coming when I will make a new covenant with my people. This covenant will not be like the one I made with their ancestors. They did not remain faithful to that covenant. But this is the new covenant I intend to make with my people on that day: I will put my laws in their minds, and I will write them on their hearts. I will be their God, and they will be my people. Everyone of my people, from the least to the greatest, will know me. When God speaks of a "new" covenant, it means he has made the first one obsolete. It is now growing old is ready to disappear. Heb 8:8-13
9. \_\_\_\_\_.  
Christ died once for all time as a sacrifice to take away the sins of many people. He will come again, not to deal with our sins, but to bring salvation to all who are eagerly await him. Heb 9:28
10. Do not \_\_\_\_\_.  
Therefore, do not throw away your confidence. Remember the great reward it brings you! Heb 10:35
11. \_\_\_\_\_.  
And what more shall I say? For time will fail me if I tell of *those* who by faith conquered kingdoms, performed *acts of* righteousness, obtained promises, shut the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, put foreign armies to flight, received *back* their dead by resurrection, were tortured, not accepting their release, so that they might obtain a better resurrection, experienced mockings and scourgings, even, chains and imprisonment; others were stoned, sawn in two, tempted, put to death with the sword, destitute, afflicted, and ill-treated—*faithful men and women* of whom the world was not worthy. Heb 11:32-38
12. If you are going to be a \_\_\_\_\_, you have to accept \_\_\_\_\_.  
Think about Jesus, who endured opposition from sinners, so that you don't become tired and give up. You struggle against sin, but your struggles haven't killed you. You have forgotten the encouraging words that God speaks to you as his children: "My child, pay attention when the Lord disciplines you. Don't give up when he corrects you. Endure your discipline. God corrects you as a father corrects his children. All children are disciplined by their fathers. If you aren't disciplined like the other children, you aren't part of the family. We don't enjoy being disciplined. It always seems to cause more pain than joy. But later on, those who learn from that discipline have peace that comes from doing what is right. Heb 12:3-11
13. Remember \_\_\_\_\_.  
May the God of peace equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom *be* the glory forever and ever. Amen. Heb 13:21