

HOOK- Steph Curry was not the tallest basketball player, and his team was not the best. For many years.

I'm sure there were moments when he thought "*I should just give up*".

But he practiced relentlessly, he was disciplined- he would not stop training.

Years later he became one of the best in the game. Now people go early to the games to watch him train!

Context- Believers in the 1st century growing weary....."*Don't give up or grow weary*"

Q: How do I avoid growing weary? Last week we looked at 5 things:

- Allow the faith of others fuel your faith
- Ditch the drag
- Run relentlessly
- Stay in your lane
- Make Jesus your gain

There's one more thing...

- Endure Discipline

Let's dive in

⁴In struggling against sin, you have not yet resisted to the point of shedding your blood.

Remember, this letter was written to encourage believers because they were suffering due to their faith; yet their suffering hadn't been addressed until this chapter.

Now notice, whose sin are they struggling against?

Not their own (although our own sin certainly brings suffering!)

It is referring to the sin of others that is pressing on them!

As long as there is *sin* in our world, there will be *struggle* in our lives

'you have not yet....shedding blood' is a call back and comparison to **v.2-3**

In essence, "Jesus' suffered to death because of other people's sins;

you may be suffering because of other people's sins too, but not to the degree He did"

Jesus alone knows the FULL struggle against sin (I'll give you 2 reasons):

1. He endured through it without giving into it (**Hebrews 4:15**)
2. He was crushed by it despite being innocent of it (**Galatians 3**)

When you go through life having to deal with the repercussions of other people's sins,

(bad marriage, bad workplace, bad leadership, abuse, abandonment, etc.)

know that you have a God who understands better than you do how unfair this life can be.

Having said that, let me give you 2 tough truths we'll need to understand the remainder of our text-

2 Tough Truths: 1.) God is seriously committed to your sanctification

Look at one of Jesus' last prayers before suffering the crucifixion:

John 17:15-19 I am not praying that you take them out of the world but that you protect them from the evil one. ¹⁶They are not of the world, just as I am not of the world. ¹⁷Sanctify them by the truth; your word is truth. ¹⁸As you sent me into the world, I also have sent them into the world. ¹⁹I sanctify myself for them, so that they also may be sanctified by the truth.

It is God's intention, that while we are still in the thick of this mess that is life, He will **sanctify** us.

2 Tough Truths: 2.) 'Discipline' is a more efficient teacher than 'Delight'

CS Lewis The Problem of Pain, pg 93 *"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains. It is His megaphone to rouse a deaf world."*

It can be confusing when we speak of God's discipline. JD Grear points out some stuff that might clarify:

- **Consequences:** you must face the results of your bad decisions
- **Punishment:** Justice has been violated; you must pay back for the wrong you've done
if you are a born-again believer, Jesus paid the full price for you!
- **Discipline:** You are not yet fully mature; you must continue in your formation
'Discipline'- from Greek word meaning "training" "instruction"-
Literally- **instruction that trains someone to reach full development**

Verse 5 will issue us a warning and an encouragement-

⁵And you have forgotten the exhortation that addresses you as sons:

My son, do not take the Lord's discipline lightly

Warning: Don't take divine discipline too lightly

Not all discipline is due to sin, but some of it is intended to deter us from sin. If we refuse to be corrected, we might get away with it for some time, but eventually we will regret not taking God's correction.

Proverbs 29:1 (NRSV) *One who is often reprov'd, yet remains stubborn, will suddenly be broken beyond healing.*

- ▲ Don't scoff at every critique or circumstance; God may be using people, circumstances, frustrations, patterns or even health to discipline you
- High school fights= 5 day suspensions; I took it as vacations, until I found myself finally expelled

or lose heart when you are reprov'd by him,

Encouragement: Don't take divine discipline too harshly

'Reprov'd'- from a Greek word meaning to **expose the evidence**

WHEN GOD UNCOVERS YOUR SIN: when you got the DUI, when your spouse finds your porn, when the school found out you were cheating on your exam, when your boss finds out you lied, etc.
DON'T LOSE HEART. He's not trying to pay you back for your sin but bring you back from your sin.

- One of my daughters lies to me & I confront them- not to shame them, but to save them

⁶**for the Lord disciplines the one he loves and punishes every son he receives.** ⁷Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline?

'Endure suffering as discipline'- perhaps your translation reads *'It is for discipline that you endure'*

The main verb "endure", could be **indicative** or **imperative**.

Indicative statements are used to express a fact *"it is your birthday"*

Imperative statements are commands requiring action *"have a happy birthday"*

In context it is more likely an imperative. The writer isn't just saying that the readers are enduring.

The danger is that they might not endure, and so the exhortation: endure whatever you face as discipline.

When you face suffering, stress keep in mind: **Hardship is not always a bad sign**

■ If you had a mom like mine, you grew up getting a good ol' fashioned beat down that was usually prefaced with, *"this is going to hurt me more than it will hurt you"*

▲ Now that I'm a parent, I realized something:

It is easier *not* to discipline your children....it is also unloving. Discipline is an expression of love

Are you facing something that just rattled you? Disoriented you? Exhausting you?

The text is saying: God is allowing this because you are His child and He's parenting you

On the flip side watch this:

⁸But if you are without discipline—which all receive—then you are illegitimate children and not sons.

Comfort is not always a good sign

■ If I'm at the grocery store & lil' Sarah is running down the aisles knocking down cereal boxes and chucking frozen shrimp at the employees—I'm not getting involved! She's not MY daughter

Here's the hard truth: an easy painless life without any suffering or conflict may not be the good sign you think it is. It may actually be a sign that you are not in the family of God

Psalm 73:4-12 They have an easy time until they die, and their bodies are well fed. ⁵They are not in trouble like others; they are not afflicted like most people. ⁶Therefore, pride is their necklace, and violence covers them like a garment. ⁷Their eyes bulge out from fatness; the imaginations of their hearts run wild. ⁸They mock, and they speak maliciously; they arrogantly threaten oppression. ⁹They set their mouths against heaven, and their tongues strut across the earth. ¹⁰Therefore his people turn to them and drink in their overflowing words. ¹¹The wicked say, "How can God know? Does the Most High know everything?" ¹²Look at them—the wicked! They are always at ease, and they increase their wealth.

Psalm 73:16-17 When I tried to understand all this, it seemed hopeless ¹⁷until I entered God's sanctuary. Then I understood their destiny.

If you never face any hardships, you have more to be concerned than those who do.

Are you a child of God? (not all are); if so, expect discipline:

⁹Furthermore, we had human fathers discipline us, and we respected them. Shouldn't we submit even more to the Father of spirits and live?

We respect fathers who train their children to be better; we respect coaches who hold their teams to a standard; we respect judges who hold criminals accountable to follow the law..

how much more should we not have a holy respect for what God might be doing in us

¹⁰For they disciplined us for a short time based on what seemed good to them, but he does it for our benefit, so that we can share his holiness.

Parental discipline is flawed- sometimes we do too much, sometimes not enough.

God on the other hand isn't like that, His discipline is perfect, just what we need when we need it, even when it doesn't feel like it. Don't miss this: **'he does it for our benefit'**

¹¹ No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it.

God's not getting back at you, He's getting you back to Him

Redemption not Retribution- sometimes it feels like dying because he's stripping the deadness off
Maybe He's stripping off sin, maybe He's pruning so that you bear more fruit

'No discipline seems enjoyable at the time' sometimes life is difficult, and hear me out:

You are not expected to have it all together every day;

you're not expected to enjoy every moment and aspect of your life;

Sometimes it is not only acceptable, but necessary to feel the pain in order for it to produce what God intends it to.

📌 Survey for Meli- initially **upset** at her answers! Then **Saddened**. I Prayed, *"work in me Lord"*

¹²Therefore, strengthen your tired hands and weakened knees, ¹³and make straight paths for your feet, so that what is lame may not be dislocated but healed instead.

What is the antidote the author gives for weariness? In a paradoxical way, by way of Discipline.

Divine discipline is the antidote for

the Weak *strengthen your tired hands and weakened knees*

the Wayward *make straight paths for your feet*

the Wounded *what is lame may not be dislocated but healed*

God uses discipline to strengthen the weary, straighten the wayward, and soothe the wounded

Anytime we speak of suffering as being an instrument God uses, the question deep within us all is, **what about....?**

How can God work good through horrifyingly painful circumstances??

I'll be completely honest and just say that it is wise to leave some margin for mystery.

But here's what we are certain of:

1. God only cuts with the intention of healing (**Job 5:18**)

2. God is just, He will rightfully Judge, and nothing will go unaddressed.

3. God is providentially in control, even when circumstances seem so painfully out of control.

Discipline is pain with a purpose

Not that all things are good, but that all things work together for good (**Romans 8:28**)

Main Point: Often what is stressing you, is what God is using in blessing you

Lean into it, not away from it

((((CALL UP WORSHIP TEAM))))

Challenge- When discipline feels less beneficial and more like a loss, look to the cross

*Invitation to salvation

Bullpen-

Thomas R Schreiner-

The main verb in verse 7, "endure" ὑπομένετε (upomenete) , could be *indicative* or *imperative*.

The ESV takes it as an indicative: "It is for discipline that you have to endure" (cf. KJV, NKJV, RSV, NLT).

In context it is more likely an imperative: Endure suffering as discipline (CSB; cf. NIV, NET, NRSV).

Such a reading fits with the letter as a whole. The writer isn't saying that the readers are enduring. Whether they endure is what faces them in their current situation so they are not commended for enduring but are exhorted to endure.

*(*Indicative statements are used to express a fact; Imperative statements are commands requiring action)*

Article on the importance of knowing the difference between indicative and imperative in scripture:

<https://corechristianity.com/resources/articles/why-you-need-to-know-the-difference-between-indicatives-and-imperatives>

Psalms 141:3-5

Discipline & Training are different sides of the same coin

Sometimes the coach has the team run laps because they showed up late; sometimes he has them run laps because he's building their endurance. If you showed up to watch and saw them running, could you tell what reason they ran for? No, it doesn't matter, either way it is achieving the same goal- making the team better and making them better teammates.

Not all trials are due to sin (John 9:3) but some are (John 5:14) we should ask "what is God working on in me?"

Step 1 Studying the Text:

- **What does it say?**

God disciplines His children for their benefit, and they should endure it since it is for their good

- **What does it mean?**

Christians will undoubtedly suffer under the Father's disciplining hand precisely because they are His children and it is His responsibility to bring them to maturity

- **How is the Gospel related to this text?**

Jesus' suffering as Son of the Father bought our sonship; Now our suffering makes us more Christlike

- **How does it apply to life today?**

We should welcome His discipline as a sign of His love and care for us

Step 2 Unify the Redemptive Theme:

- **Main Point of the Text:**

Welcome suffering as discipline, and discipline as God's care for His children, to strengthen them, keep them on track, and heal them

- **Main Point of the Sermon:**

God wants to use the suffering and hardships in our life to bring us to maturity

- **Title that reflects the MPS:**

Step 3 & 4 Outline the text & Develop Functional Elements:

- Point 1-

- Explanation:
- Application:
- Illustration:

- Point 2-

- Explanation:
- Application:
- Illustration:

- Point 3-

- Explanation:
- Application:
- Illustration:

- Point 3-

- Explanation:
- Application:
- Illustration:

Step 5 Intro & Outro:

- Intro:
- Outro: