

- the writer has just concluded that the chastisement of the Lord is indeed a blessing

(Its one way to know that we belong to Him)

Truth- discipline from God not only correct, it also instructs

vs.12- "Wherefore"- meaning "since this is the case" or "so then"

- the writer returns to the race metaphor from vs.1-3

*he quotes Is.35:3 here to describe the disciplined believer's condition like a weary runner

- "lift up the hands"- the first thing that happens to a runner when he begins to tire is that

his arms drop (this causes a slumped posture)

- "feeble knees"- (paralyo) its where we derive the word "paralyzed" from

* this is a tottering or wobbling from exhaustion

vs.13- "straight paths"- it becomes increasingly difficult for a runner to run in a straight line

once exhaustion sets in (it's the same idea in the spiritual realm to one in the race of life)

*Paul encourages the Galatians in the same manner- Gal.6:9

Truth- in the trials of life, the believer cannot allow the circumstances to get the best of him/her

*as these new Jewish converts have become weary, the writer encourages them by letting

them know that God is putting them through these trials for 2 reasons:

1- to show them that they are His children 2- to discipline and instruct them to continue on

- "turned out of the way"- the lame refer to those weak in the faith or have no faith at all

*this phrase is a reference to apostasy since the readers have already "tasted" (6:4)

- the writer knows his readers are weary so he explains to them about God's discipline and

the importance to continue the path that they are on

-here, he means that its important for those who are lame (can't run) to see their path and

endurance as a testimony

Truth- a "path" (trochia) is a track or rut in which later travelers will follow

*when one runs, they leave a track behind them for others to see and follow

(Staying on the straight path will testify to others on how to endure for the sake of Christ)

vs.14- the athletic metaphor is now dropped and now shifts from endurance to holiness

*it is enduring faith that leads to the peace and holiness that the writer refers to here

- "follow"- this word means to pursue or go after something

*holiness is not a passive thing that just happens- its an active concept that one strives for

- "peace" (eirene) tranquility, exempt from rage or war, harmony

- "all men"- not just other believers (Prov.16:7)

- "holiness"- (hagiasmos) consecration, the effect of a sanctified heart and life

(Holiness, in its truest form, means complete, different, and God-like- I Pet.1:15-16)

Truth- the power to be holy has been imputed through Christ to those who have been redeemed

(Rom.6:19, Eph.4:24, I Thes.4:7, Heb.10:10-14)

- holiness, like faith, is a crucial element that is seen in the Christian life

*without faith, one cannot please God (11:6) and without holiness, one will not see God

- the idea the writer is demonstrating here is that if a person has no desire to pursue holiness

then it shows that this person has no power to do so and that Christ is not their Lord

vs.15- "Looking diligently"- (episkopeo) this is the verb form for the noun "episkope"

(Episkope is the word used for "bishop" or overseer)

- the instruction here is to oversee their own lives to make sure it testifies of peace and holiness

- "fail"- (hustereo) to come late, tardy, or fail to reach a goal (this doesn't mean a loss of salvation

but rather a missing out on everything salvation can mean on a daily basis (peace and holiness)

- "bitterness"- one must oversee this as well (like a root, this is a hidden anger or resentment)

Truth- this attitude is of apostates that have corrupt influences

- "defiled"- stained or tarnished

*there is nothing that stains a testimony more than a Christian who is consumed with bitterness