

1. What are we surrounded by? \_\_\_\_\_ To whom is this referring? \_\_\_\_\_
2. What are we encouraged to throw off? \_\_\_\_\_  
What did Christ endure? \_\_\_\_\_ Why? (v 2) \_\_\_\_\_
3. Why are we to consider “him who endured opposition from sinful men?” \_\_\_\_\_  
\_\_\_\_\_
4. What word of encouragement had the Hebrews forgotten? (v 5) \_\_\_\_\_  
\_\_\_\_\_
5. How are fathers who discipline to be regarded? \_\_\_\_\_
6. Why does God discipline us? (v 10) \_\_\_\_\_
7. “Therefore, \_\_\_\_\_ your \_\_\_\_\_ arms and \_\_\_\_\_ knees. Make \_\_\_\_\_ paths for your feet”
8. We are to make every effort to live how? \_\_\_\_\_
9. Verses 18-24 talk about two mountains, one we have come to, one we have not. What is the difference? \_\_\_\_\_  
\_\_\_\_\_
10. Since we are receiving a kingdom that cannot be shaken, how do we show our thankfulness? (v 28) \_\_\_\_\_

**Memory Verse**

“Therefore strengthen your feeble arms and weak knees” Hebrews 12:12

**Teen Thought**

Why do your parents discipline you? Read v 6. How is discipline love?

**Tips for Teaching**

See this weeks “Teen Thought”. Discuss how v 6 applies to the parent - child relationship.

**Additional Scriptures:**

Job 17:9; Luke 3:18; John 15:9; Acts 2:40; 1 Cor. 9:24; Gal. 5:7; 6:9; Phil. 3:14; 2 Tim. 4:7 & 8; Heb. 7:19; 8:6; 9:23; 11:40; 1 Peter 1:13; Rev. 3:11