

“Training for the Peaceful Fruit of Righteousness”

⁷ It is for discipline that you have to endure. God is treating you as sons and daughters. For what child is there whom his father does not discipline? ⁸ If you are left without discipline, in which all have participated, then you are illegitimate children and not sons and daughters. ⁹ Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? ¹⁰ For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. ¹¹ For the moment all discipline [training] seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Hebrews 12:7-11

DO YOU HAVE A *WEIRD* RELATIONSHIP WITH WORKING OUT?

... with growth?

... with walking and looking and loving like Jesus?

THE CONTEXT OF HEBREWS

- “Don’t give up!”
- God’s discipline isn’t punishment. “Punishment” looks backward. “Discipline/training” looks forward.
- “...but **later** it yields the peaceful fruit of righteousness”
- Following Christ means to be patient, to trust, to intentionally surrender to His training schedule.

CHANGE AND GROWTH

- It isn’t fast; however, it is steady, real, and true.
- Often, initially, it is unnoticed.

HOW DO WE YIELD THE PEACEFUL FRUIT OF RIGHTEOUSNESS? HOW ARE WE TRAINED BY HIS TRAINING?

- The fruit of righteousness comes over time and after consistently focusing on Jesus and His righteousness with others.
- Growth doesn’t necessarily include peaceful circumstances... but always a peace that surpasses all understanding and circumstances.
- The most important thing we can do is to stay in it!
- Don’t stop. Keep moving. Keep confessing... keep believing...

“The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim); ⁹ because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For with the heart one believes and is justified, and with the mouth one confesses and is saved. Romans 10:8-10

While bodily training [gymnasia] is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:8

