

# **LIFE-Groups**

Growth Assignment—Week #30

## **Bitter Or Better—Heb 12:12-17**

When we undergo the discipline of God it can turn us either Bitter or Better. We know that the way we respond to discipline will determine whether it turns out for our good or not. Hebrews now turns to how we should respond to God's discipline for our betterment.

**LET'S BACK UP**—Let's go back to Hebrews 12:11—What does it say about God's discipline?

It's -

But It—

For Those—

When you have faced painful times in your past, what is your usual response to pain? Do you see it as good?

**Strengthen Up**— The writer tells us to strengthen our weak hands and feeble knees, What do you do when you feel weak or tired and need strength?

What are some of the ways that these people received strength?

Gideon—Judges 6:11-14

David—Psalm 27:13,14; 28:7,8

Elijah—1 Kings 19:3-20

Isaiah—Isaiah 40:28-31

Peter—Luke 22:31,32

Jesus—Luke 22:39-43

Paul—Acts 9:17-19

Eph 3:16

Phlp 4:13

**Straighten Out**—Often there are obstacles that can get our way when we walk through times of God's discipline. What are some things that can get in the way of walking with God in times of discipline?

Read Prov 4:1-27—What is the warning that Solomon gives?

**Step Ahead**—When we are disciplined, we must move ahead. What does Hebrews tell us to strive for/pursue after?

Rom 14:19—

Phlpn 3:12-14

1 Tim 6:11,12

2 Tim 2:22

1 Peter 3:10-12

**Settle Down**—The writer gives 3 warnings when we undergo discipline. What warnings do you see in 12:15-16? See to it THAT -

That -

That -

Why are these warnings so important when going through difficult times?

What does a bitter root produce in us?

Why did Esau lose his birthright?

What do we learn from these warnings?