

Spiritual Disease and Discipline

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I. Introduction.

- A. Text: Hebrews 12:1-6.
- B. We are susceptible to spiritual diseases, which will make us ineffective.
- C. Sin is the source of all men's problems. (Ecclesiastes 7:29)

II. Hindrances to the race.

- A. Every weight and excess baggage.
 - 1. Our possessions begin to possess us.
 - 2. We are to travel light.
 - 3. We need patience and perseverance. (Hebrews 10:36; 6:15)

III. Solutions to the race.

- A. We need to look unto Jesus—he gives us the power to unload the weights. (Hebrews 11:26-27)
- B. God disciplines us out of love. (Leviticus 26:13; Ephesians 4:23; Psalm 119:164; Romans 8:29)
 - 1. By allowing us to face the reality of our sin.
 - 2. By allowing us to get caught in our sin.
 - 3. By making us go to the place we got off the track.
 - 4. By not using us.
- C. Our response makes all the difference. We must accept the disciplining hand of the Father and thank him for it.
- D. Some decisions are irreversible.
- E. Suggestions.
 - 1. Encourage those who are here to spare. (Proverbs 12:25)
 - 2. Think right. (Philippians 4:8)
 - 3. Live in peace with all.

IV. Ultimate results of the race.

Application questions:

1. What are some areas you could call baggage in your own life?

2. What does it mean to look to Jesus?

3. How has God helped to shape you through discipline? What did you learn?
