

"Life is hard;
it's harder if you're stupid."

John Wayne

We “fix our eyes on Jesus” by—

- 1. embracing discipline**
- 2. pursuing purity**
- 3. being positive**
- 4. worshipping big**

Where Does It Hurt?

(Hebrews 12:5-13)

Bouncing Back after Bottoming Out, No. 2

Hebrews 12:5 (NIV)

**And you have forgotten
that word of encouragement
that addresses you as sons:
“My son, do not make light
of the Lord’s discipline,
and do not lose heart
when he rebukes you,**

Hebrews 12:6 (NIV)

**because the Lord disciplines
those he loves,
and he punishes everyone
he accepts as a son.”**

Hebrews 12:7b–8 (NIV)

**...God is treating you as sons.
For what son is not disciplined
by his father?**

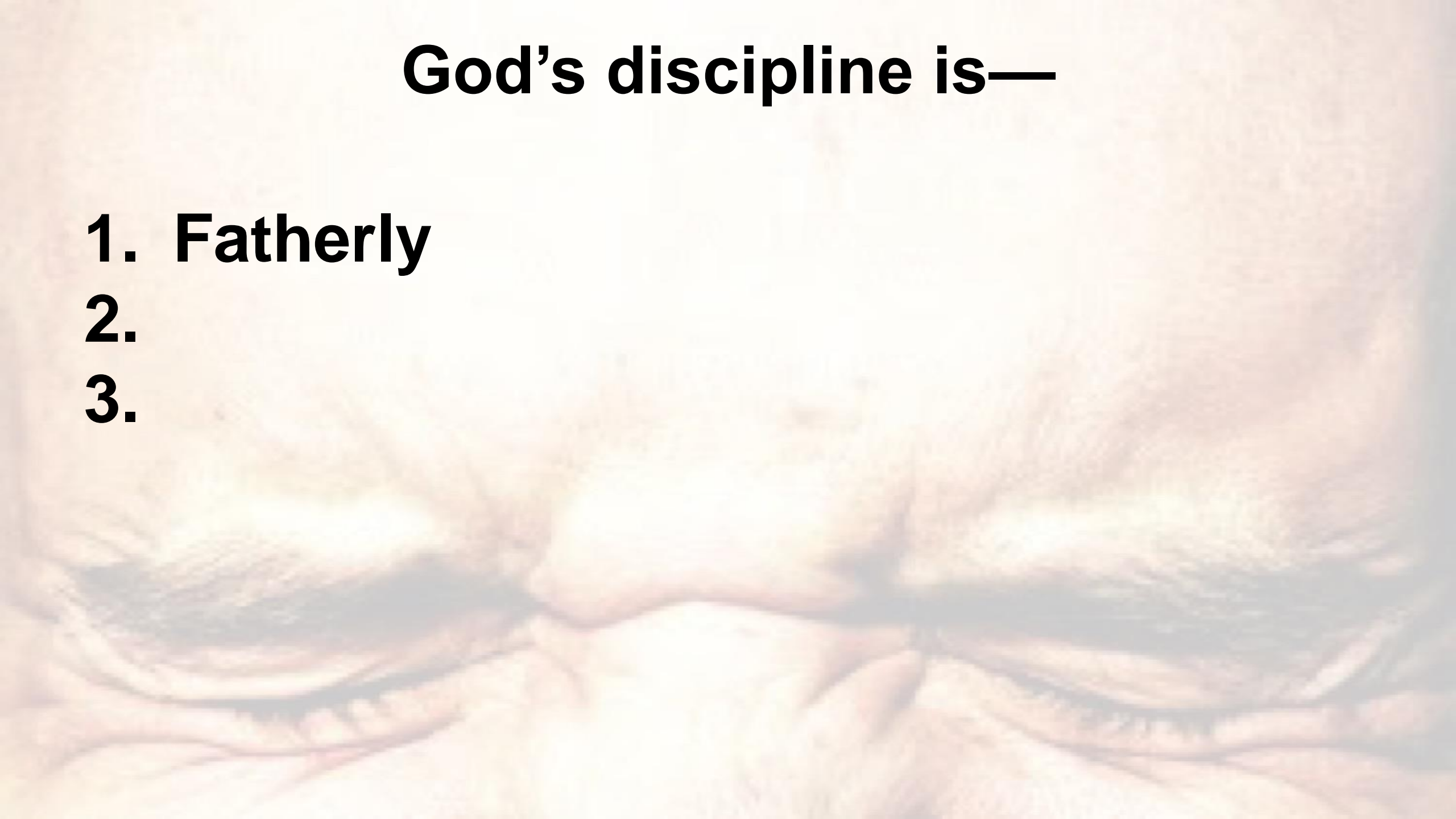
**⁸If you are not disciplined
(and everyone undergoes discipline),
then you are illegitimate children
and not true sons.**

Hebrews 12:9 (NIV)

**Moreover,
we have all had human fathers
who disciplined us
and we respected them for it.
How much more should we submit
to the Father of our spirits and live!**

God's discipline is—

1. **Fatherly**
- 2.
- 3.

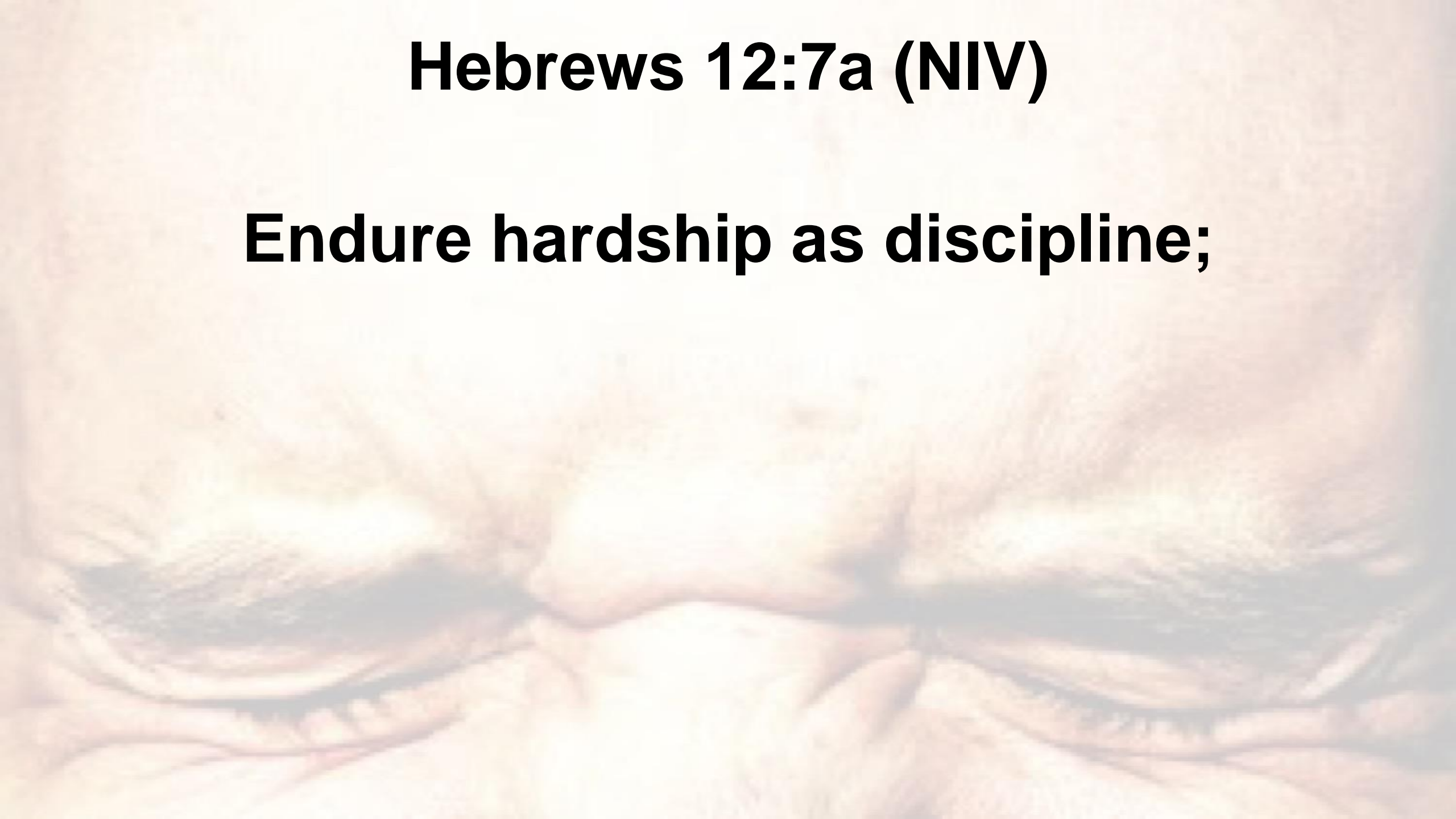


Hebrews 12:5 (NIV)

**And you have forgotten
that word of encouragement
that addresses you as sons:
“My son, do not make light
of the Lord’s discipline,
and do not lose heart
when he rebukes you,**

Hebrews 12:7a (NIV)

Endure hardship as discipline;

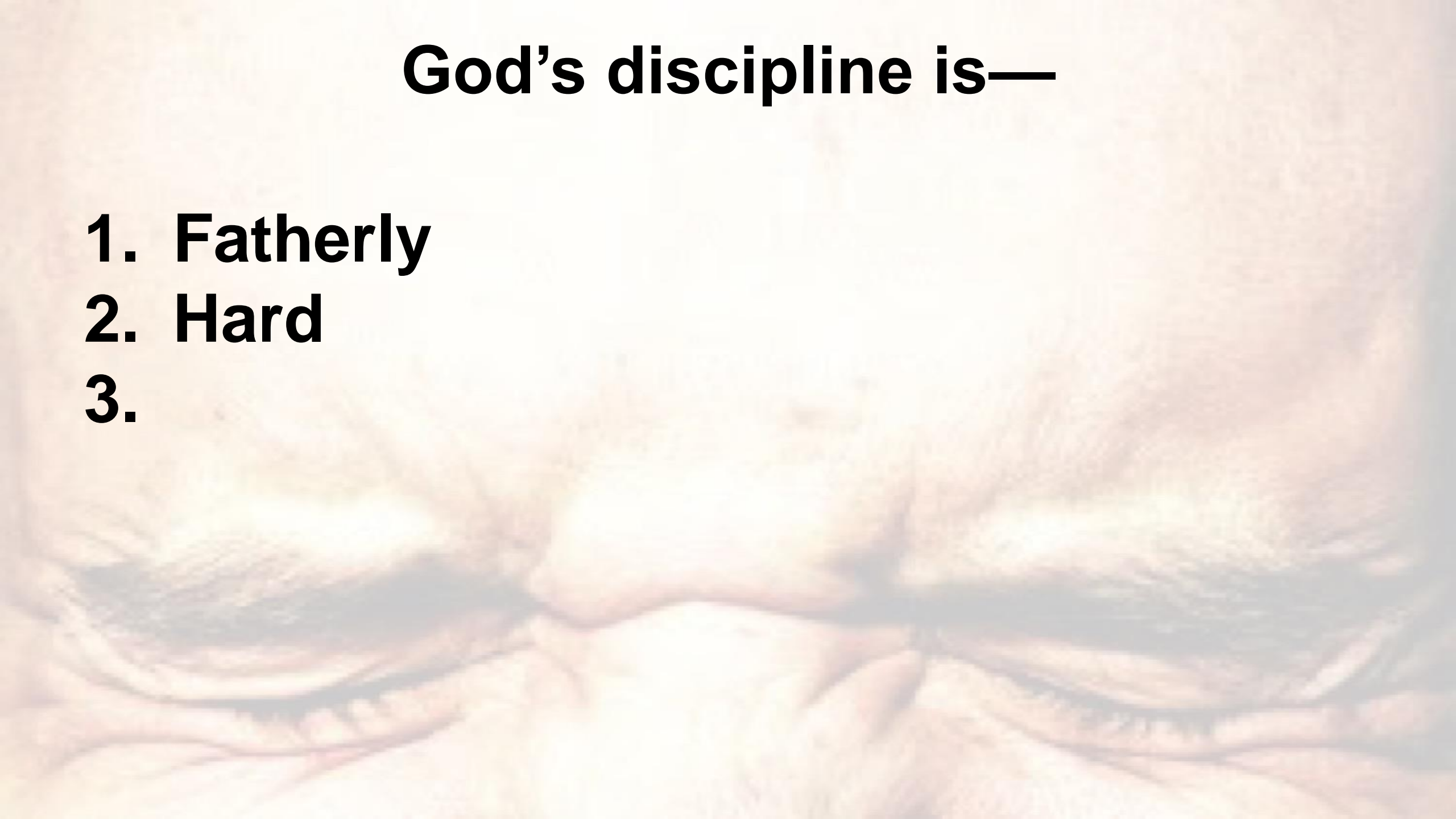


Hebrews 12:11a (NIV)

**No discipline
seems pleasant at the time,
but painful.**

God's discipline is—

- 1. Fatherly**
- 2. Hard**
- 3.**





The Hoosiers, 1986



Remember the Titans, 2000



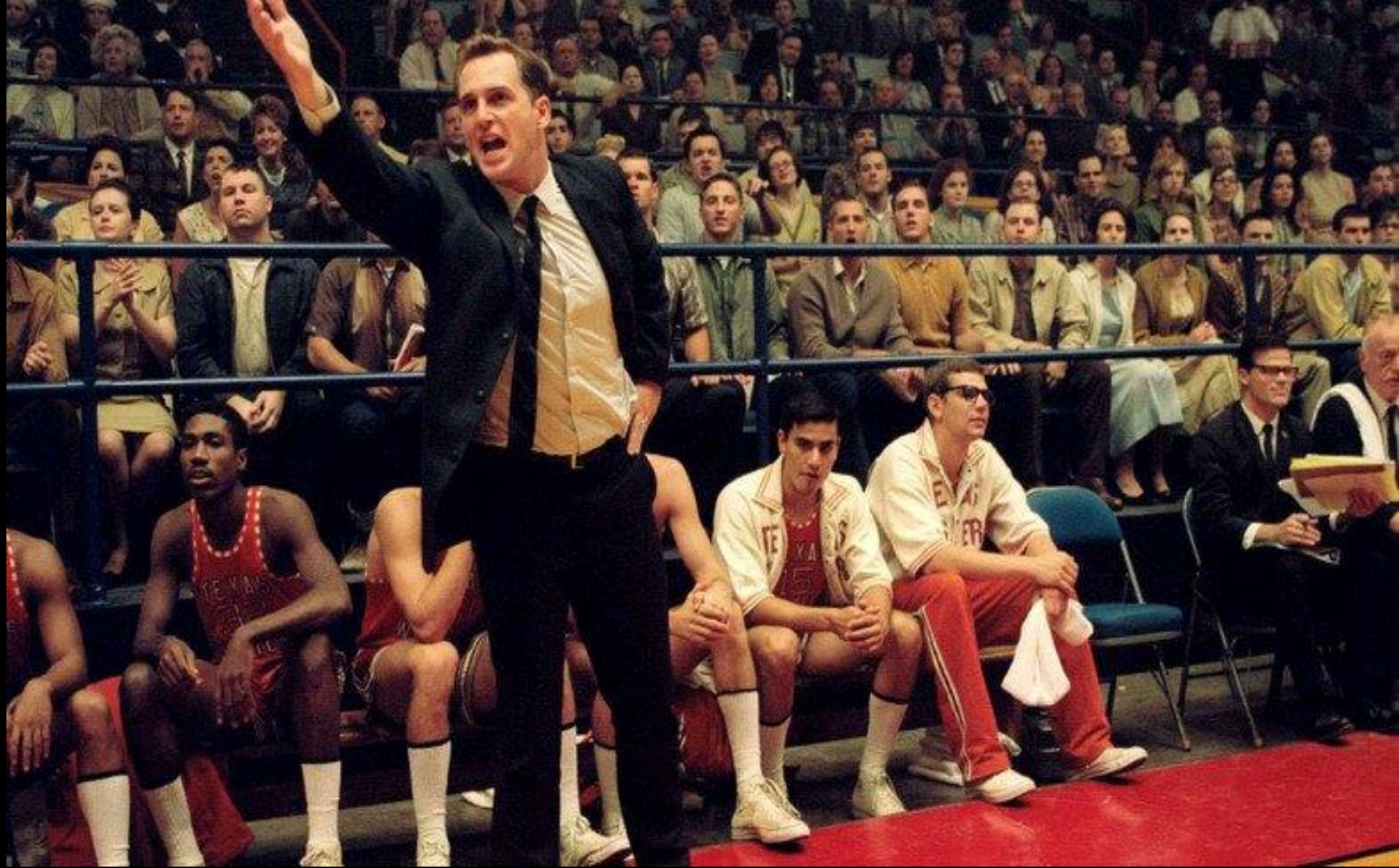
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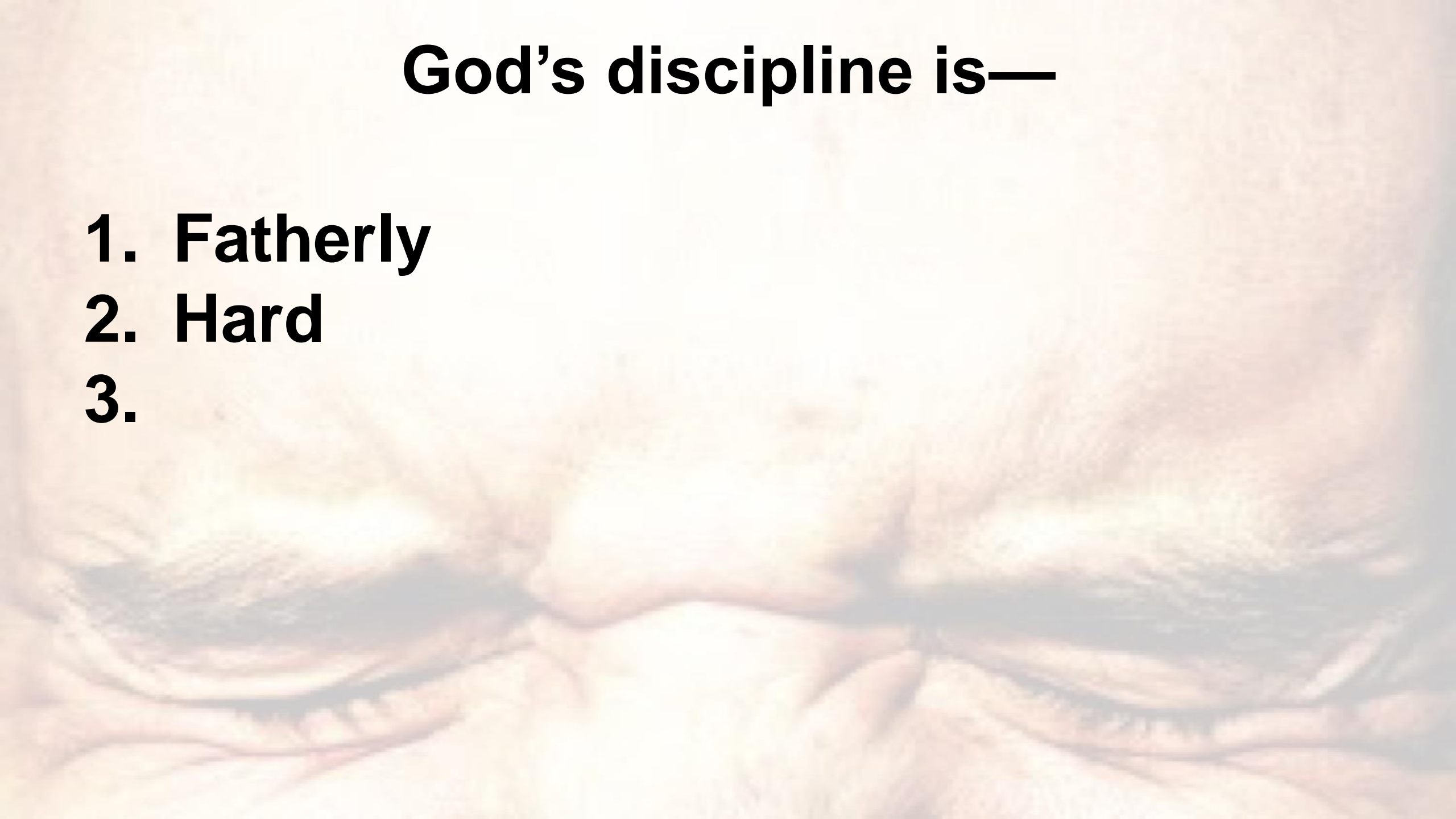
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SNIPER

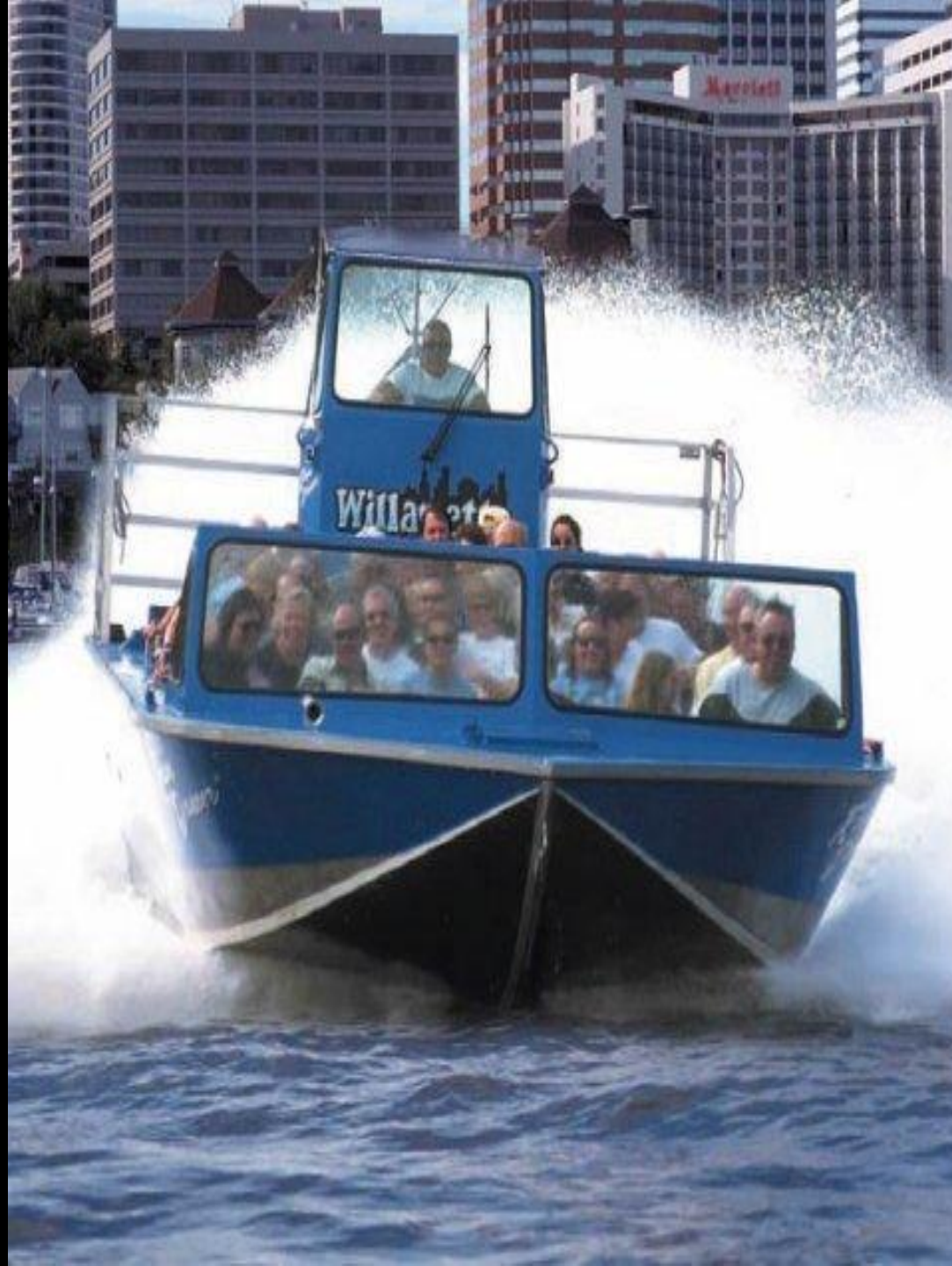
HOWARD E. WASDIN
AND STEPHEN TEMPLIN



God's discipline is—

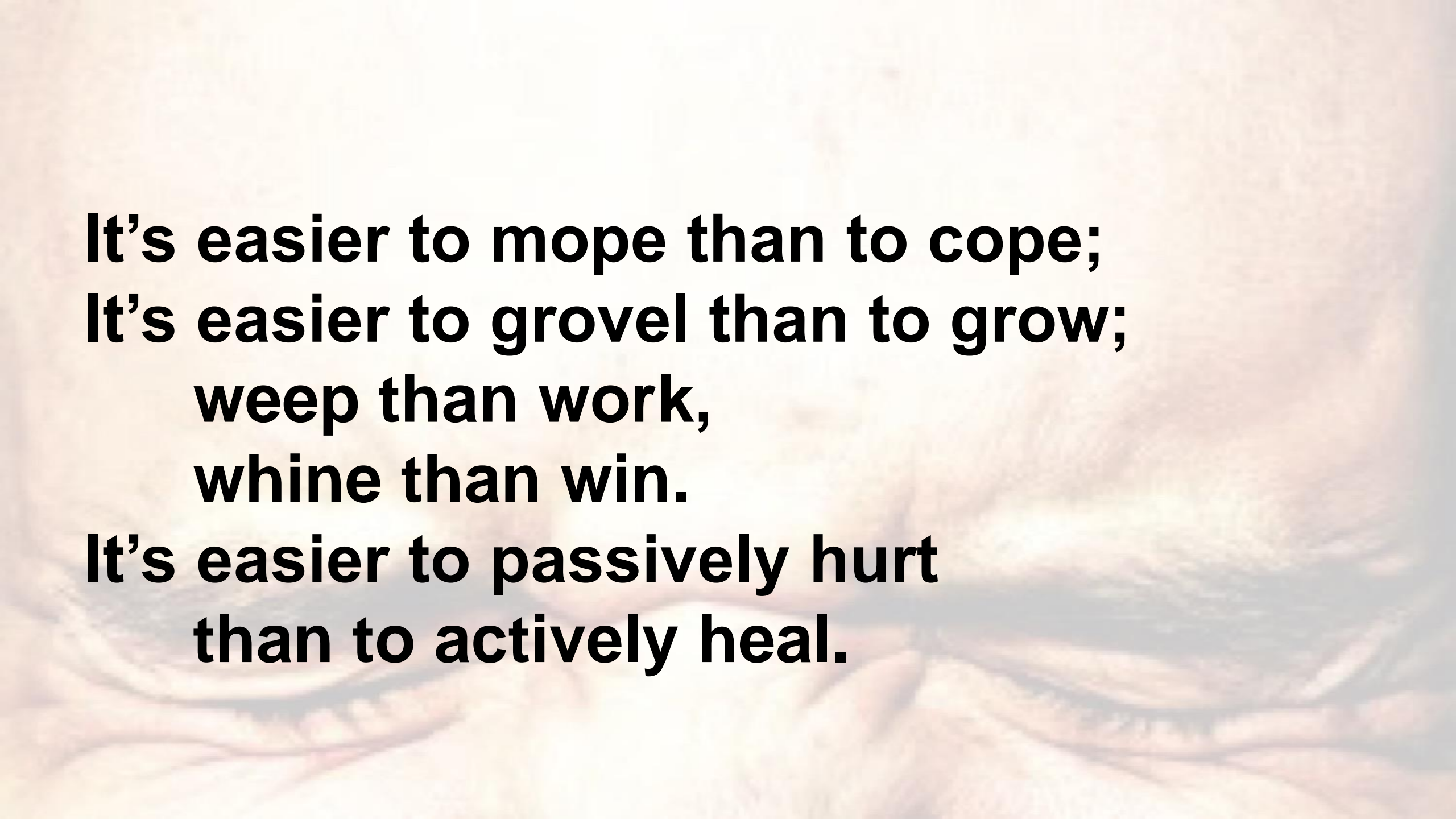
1. **Fatherly**
2. **Hard**
- 3.







**“All will get wet.
Some will get
soaked.”**



**It's easier to mope than to cope;
It's easier to grovel than to grow;
weep than work,
whine than win.
It's easier to passively hurt
than to actively heal.**

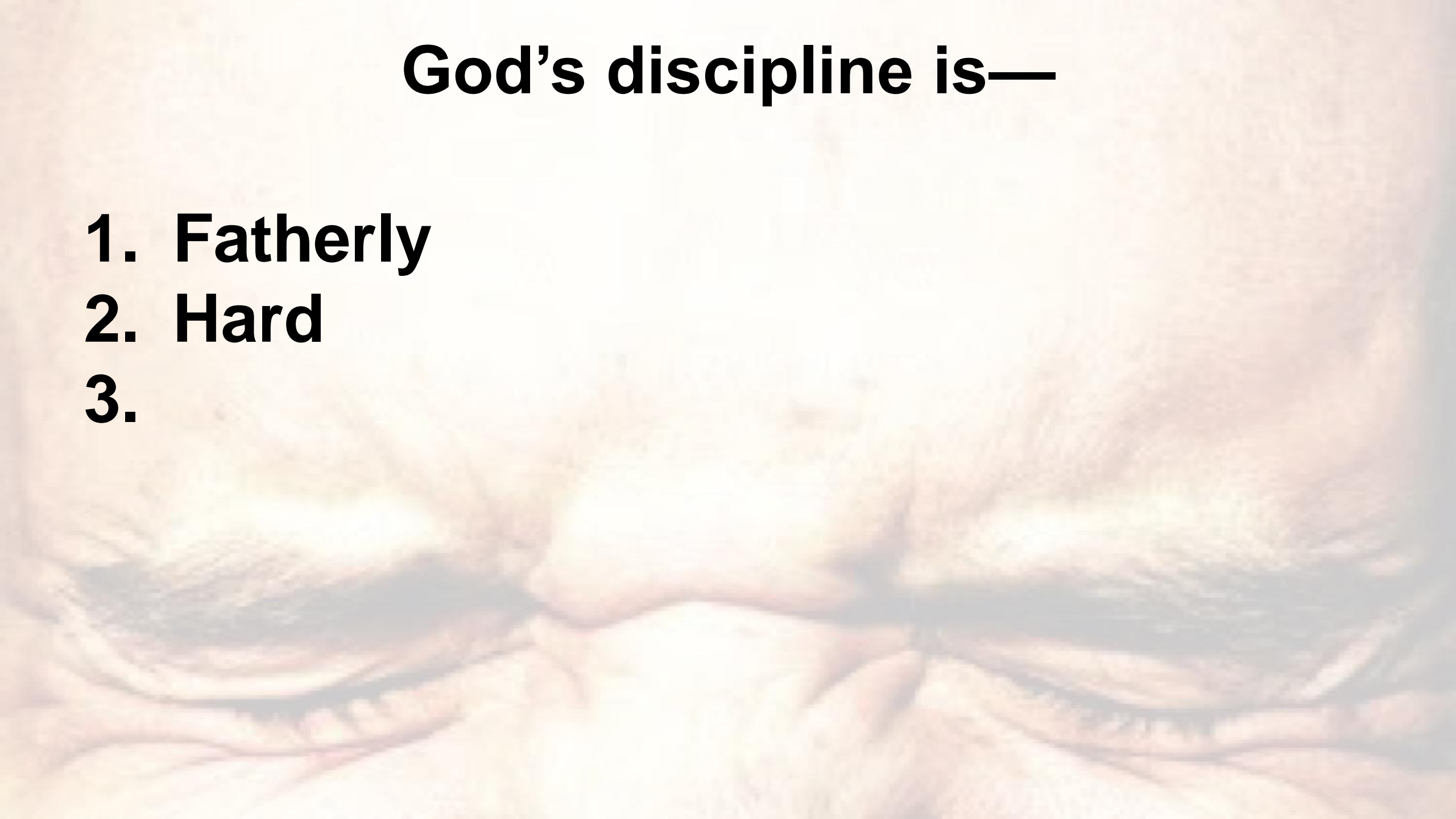
**It's easier to walk away
than to walk through.**

**It's easier to sit than stand,
whimper than walk,
retreat than run.**

**It's easier to be unfaithful
than to keep promises.**

God's discipline is—

- 1. Fatherly**
- 2. Hard**
- 3.**



Hebrews 12:10 (NIV)

**Our fathers disciplined us
for a little while
as they thought best;
but God disciplines us
for our good,
that we may share in his holiness.**

Hebrews 12:11 (NIV)

**No discipline seems pleasant at the time,
but painful.**

**Later on, however,
it produces a harvest
of righteousness and peace
for those who have been trained by it.**

God's discipline is—

- 1. Fatherly**
- 2. Hard**
- 3. Effective**

Romans 5:3b-4 (NIV)

**...we know that
suffering produces perseverance;
perseverance, character;
and character, hope.**



Nabeel Qureshi

God's discipline is—

- 1. Fatherly**
- 2. Hard**
- 3. Effective**

Action Points

- 1. Identify where you are sensing pain and/or hardship in your life.**
- 2.**
- 3.**

Action Points

- 1. Identify where you are sensing pain and/or hardship in your life.**
- 2. Lean into the pain.**
- 3.**

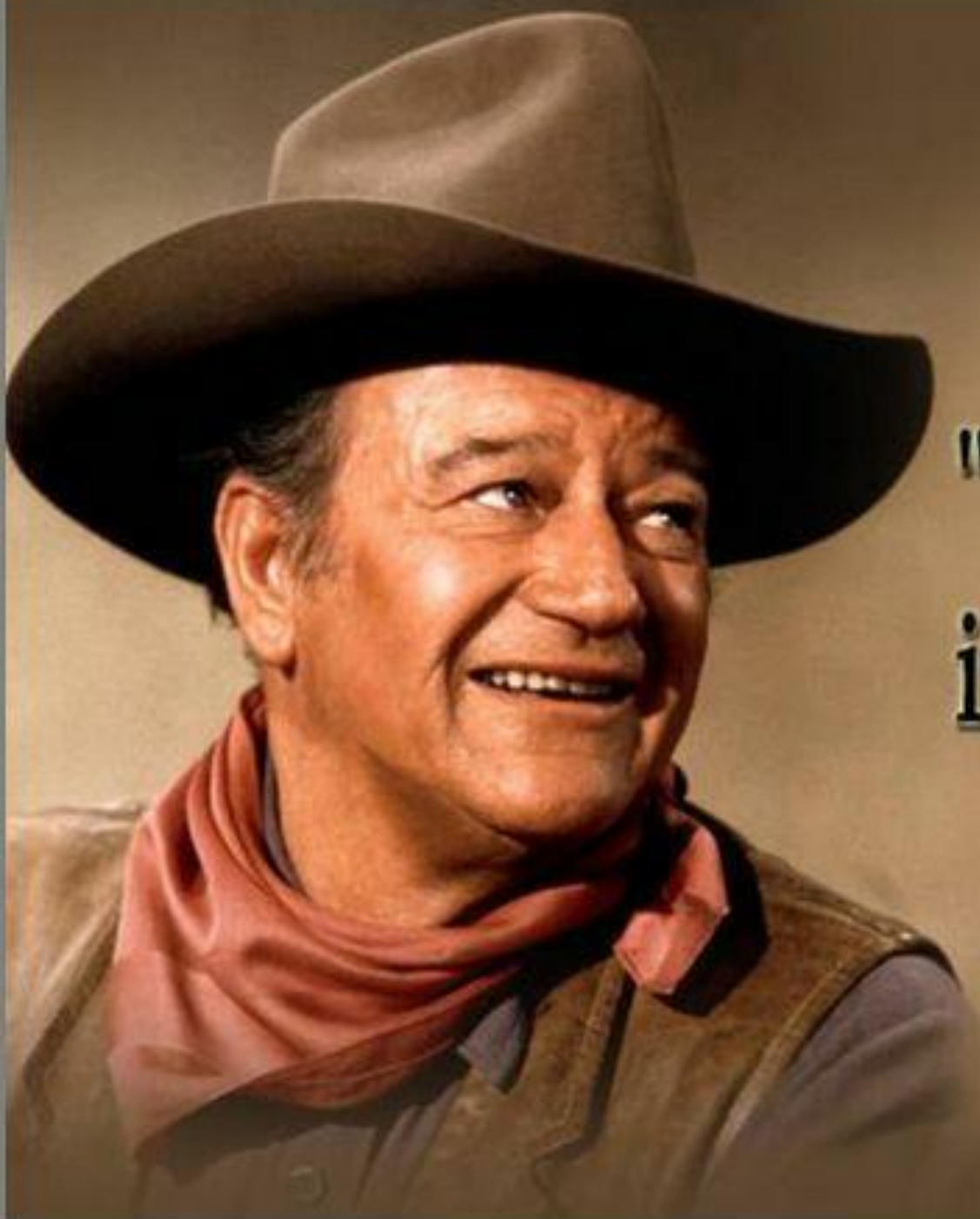
Hebrews 12:12-13 (NIV)

**Therefore,
strengthen your feeble arms
and weak knees.**

**¹³“Make level paths for your feet,”
so that the lame may not be disabled,
but rather healed.**

Action Points

- 1. Identify where you are sensing pain and/or hardship in your life.**
- 2. Lean into the pain.**
- 3. Get back to the gym.**



"Life is hard;
it's harder if you're stupid."

John Wayne