

Hebrews

CHAPTER 12

1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which does so easily beset *us*, and let us run with patience the race that is set before us,

2 Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

3 For consider Him that endured such contradiction of sinners against Himself, lest you be wearied and faint in your minds.

4 You have not yet resisted unto blood, striving against sin.

5 And you have forgotten the exhortation which speaks unto you as unto children, My son, despise not the chastening of the Lord, nor faint when you art rebuked of Him:

6 For whom the Lord loves he chastens, and scourges every son whom He receives.

7 If you endure chastening, God deals with you as with sons; for what son is he whom the father chastens not?

8 But if you be without chastisement, whereof all are partakers, then are you bastards, and not sons.

9 Furthermore we have had fathers of our flesh which corrected *us*, and we gave *them* reverence: shall we not much rather be in subjection unto the Father of spirits, and live?

10 For they verily for a few days chastened *us* after their own pleasure; but He for *our* profit, that *we* might be partakers of His holiness.

11 Now no chastening for the present seems to be joyous, but grievous: nevertheless afterward it yields the peaceable fruit of righteousness unto them which are exercised thereby.

12 Wherefore lift up the hands which hang down, and the feeble knees;

13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

14 Follow peace with all *men*, and holiness, without which no man shall see the Lord:

15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble *you*, and thereby many be defiled;

16 Lest there *be* any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright.

17 For you know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of repentance, though he sought it carefully with tears.