

How to Keep Going When You Feel Like Quitting | Hebrews 12:3-17

Pastor Kory

So if you have your Bibles, go ahead and turn to **Hebrews chapter 12**. I'll get mine and get settled in.

I got a photo sent to me yesterday from Delana—we'll throw that up on the screen. Barry and Jean were in it too. And Delana, with a little bit of snark, said, missed ya.

Now, that was from the run I talked about last week—the one I used to do a long time ago that I haven't done since. So yeah, maybe a little jab there. But I'm gonna choose to believe she really missed me.

I could've texted back and said, well, I'm out of town—I've been traveling a lot lately, had a good excuse. But truth be told, I didn't do it because I didn't want to run.

I'll just be honest.

Running is fun... until you start running. And then it's like, I get why people don't run unless they're being chased. This is hard. It's sweaty. It's cold, then hot. You get injured. You're always sore. And you realize—this isn't that fun.

And honestly, that's a lot like the Christian life.

It sounds great at the start. But once you're in it, there's a weariness to the race. And some of you right now—you're thinking about quitting. You're thinking about stopping. It sounded good, but now it's hard.

You're weary. You're faint-hearted. You want to give up.

So this morning, we're asking a simple question:

How do you keep going when you feel like quitting?

Because some of you are there. Life is heavy. It's painful. It feels like too much.

And in Hebrews 12, the preacher is speaking to a struggling church, telling them exactly that—**here's how you keep going when you want to quit.**

1. Consider Jesus

Look at verse 3:

Consider Him—Jesus—who endured from sinners such hostility against Himself, so that you may not grow weary or faint-hearted.

First command: consider Jesus.

What do we consider?

Jesus endured. Jesus kept going.

He's not just your Savior—He's your example. He's the one you look to. The one ahead of you in the race.

Think about what He faced. The hostility. The rejection. The suffering.

How easy would it have been for Him to quit?

But He didn't.

He kept going.

And here's the key phrase: **so that**.

He endured **so that you would not grow weary or faint-hearted**.

Some of you—that's exactly where you are. Weary. Faint-hearted.

So what do you do?

You look to Jesus.

And notice this—your struggle hasn't yet cost you your blood. It could be worse. So don't give up now.

Key truth:

Jesus endured sinners so that you can endure your sin.

Meaning—you can fight it, flee it, repent of it, and not be consumed by it.

Because He endured, you can endure.

2. Trust Your Father's Discipline

Now we move into something harder: discipline.

But before we go there, understand this:

Not all pain is God's discipline.

There are three possible sources of your pain:

- **Your sin** → You're facing consequences. God is disciplining you.
- **Someone else's sin** → You've been sinned against.
- **A broken world** → Life just hurts sometimes.

So don't assume every hardship is discipline—but sometimes, it is.

And when it is, here's what you need to know:

Key truth:

There is purpose in the pain.

Verse 5:

Do not take the Lord's discipline lightly... for the Lord disciplines the one He loves.

This flips how we think.

We assume: discipline = God doesn't love me.

But Scripture says: **discipline = proof that He does.**

Key truth:

If you are disciplined, you are loved.

Illustration: The Moped

Last night my dog started barking at 1 a.m. I look outside—two teenagers on a moped, swerving, yelling, flashlight in hand.

I locked the door and went back to bed.

Why?

Because they weren't my kids.

But if that had been my sons?

I'm in the truck. I'm chasing them down. I'm dragging them home.

Why?

Because they're mine.

That's discipline.

God doesn't ignore His children.

He comes after them.

3. Discipline Reveals Relationship

Verse 7:

God disciplines you as sons.

Key truth:

No discipline = no relationship.

If there's no correction, no pursuit, no interruption of your sin—you should be concerned.

Because God trains those who have a future.

In the ancient world:

- Legitimate sons → disciplined, trained, given inheritance
- Illegitimate children → ignored, no future

Key truth:

Freedom without discipline may mean no future.

4. Submit to Discipline

Verse 9:

We respected earthly fathers—how much more should we submit to God?

Earthly parents sometimes get it wrong.

God never does.

Key truth:

God's discipline is always right and always for your good.

5. Why Discipline Exists

Verse 10:

He disciplines us for our good, that we may share in His holiness.

Key truth:

Discipline is for your good and your holiness.

Holiness isn't natural. Sin is.

Just like weeds.

You don't plant weeds—they show up.

You have to work for flowers.

God uses discipline to:

- Pull weeds (sin)
- Plant seeds (righteousness)

6. There Is Purpose in the Pain

Verse 11:

All discipline seems painful in the moment... but later it yields righteousness.

Key truth:

There is a “now” (pain) and a “later” (fruit).

So here’s the real question:

Do you want comfort or godliness?

Because:

- If you want comfort → God may leave you alone
- If you want godliness → He will not

7. Easy Way vs Hard Way

There are two paths:

- **Easy way** → Lay aside sin
- **Hard way** → God strips it away

Key truth:

Lay it down... or it will be taken.

8. Lift Your Head

Verse 12:

Lift your drooping hands and strengthen your weak knees.

You can always tell a runner who’s about to quit—posture collapses.

And some of you look like that spiritually.

Key truth:

Hope changes posture.

Lift your head. God is not done with you.

9. Run Together

Running alone is hard. Running together changes everything.

Verse 14:

Strive for peace with everyone.

Not achieve peace—**strive for it.**

Key truth:

Do everything you can to pursue peace—but you can't control others.

10. Watch Out for Each Other

See to it that:

- **No one misses grace** → Pick people up when they fall
- **No root of bitterness grows** → Deal with it early
- **No one is sexually immoral** → Fight for purity

Key truth:

Roots become fruit—deal with them early.

11. The Warning of Esau

Esau traded his future for a moment.

Key truth:

Don't trade eternal promises for temporary pleasure.

And this is sobering:

**All sin can be forgiven...
but not all damage can be undone.**

Conclusion: Keep Running

So what do we do?

Look to Jesus – He endured so you can endure

Trust your Father – His discipline is love

Run together – You're not meant to do this alone

That picture Delana sent—I wasn't in it.

Because I wasn't running.

So here's the question for you:

Are you in the race?

Are you missing someone who's not?

Or have you quietly stepped out?

Because running is hard.

That's why we need each other.

So when you feel like quitting:

Look to Jesus.

Trust your Father.

Run together.

And keep going.

