

## Worship Discussion and Reflection Questions

**Sermon Series:** Following Jesus in Real Life

**Sermon:** Following Jesus in the Dark

**Scripture:** Hebrews 12:5-13

<sup>5</sup>And have you forgotten the exhortation that addresses you as sons?

“My son, do not regard lightly the discipline of the Lord,  
nor be weary when reproved by him.

<sup>6</sup>For the Lord disciplines the one he loves,  
and chastises every son whom he receives.”

<sup>7</sup>It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? <sup>8</sup>If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. <sup>9</sup>Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? <sup>10</sup>For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. <sup>11</sup>For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. <sup>12</sup>Therefore lift your drooping hands and strengthen your weak knees, <sup>13</sup>and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

### Reflection Questions:

- In what areas of your life do you sense God training you right now? How does it feel to receive that training as an act of love rather than punishment?
- Can you identify a past season of difficulty where, looking back, you can now see the fruit God was producing in you?
- What are some specific ways you can learn to rely more deeply on God’s grace? What would look different this week?
- Who in your life is currently going through a dark or difficult season, and how might God be calling you to walk alongside them?
- What spiritual practices are most critical for you to maintain, even when you don’t feel like it? How might God use that to grow you?

### Guided Prayer:

*Thank God for being your “Father” who trains you to live as His child and rest in His grace. Repent of the ways you seek comfort and assurance apart from Him. Ask Him to show you the areas where you do not rely on His grace. Ask Him to help you to trust Him, no matter what season you are in. Ask Him to help you to “lift your hands, strengthen your weak knees, and make straight the path of your feet.” In Jesus’ name, Amen.*