### Hebrews

## Chapter 12

1Therefore, let us also (since these witnesses surround us like a cloud) throw off whatever weighs us down – and sin too (which is always ready for us). Let’s keep on running the difficult race that’s ahead of us with endurance... 2And keep looking towards the sourceAnd keep looking towards the source<sup class="difference">[Syr] and perfecter of our faith, Jesus.  
  
[Yes, he] who, instead of the joy that he could have had,[Yes, he] who, instead of the joy that he could have had,<sup class="difference">[Syr] endured the [execution] stake, was condemned to shame, endured the [execution] stake, was condemned to shame,<sup class="difference">[Syr] and is now sat at the right-hand side of God’s throne!  
  
3Therefore, look at how much he endured from sinners (who [really] just acted against themselves), so we don’t tire out and give up on life! 4[After all,] you haven’t had to fight sin to the point of bleeding – [at least] not yet.  
  
5And don’t forget the encouragement that was said to you like children:  
  
 ‘My son, never treat Jehovah’s instructions lightly,  
 Or give up when He disciplines you.  
  
 6‘For Jehovah disciplines those He Loves,  
 And He spanks the sons He’s pleased with.’<sup class="difference">[Syr]  
  
 [different version of Proverbs 3:11-12, LXX]  
  
7So endure [His] discipline, because [it proves] that God is treating you as His children! After all, which son isn’t disciplined by his father? 8So if you haven’t been corrected with the telling-off that everyone normally gets, then you’re not His sons – you’re just strangers!  
  
9Now, if our fleshly fathers disciplined us, and we respected them – then shouldn’t we be even more willing to obey the Father of the breaths [of life], [so we can] live?  
  
10Yes, for a brief period [in our lives], [our fathers] used to discipline us however they saw fit. However, [now] God [disciplines us] for our advantage,Yes, for a brief period [in our lives], [our fathers] used to discipline us however they saw fit. However, [now] God [disciplines us] for our advantage,<sup class="difference">[Syr] so we can share with His Holiness!  
  
11And while it’s true that discipline doesn’t feel good at the time (rather, it makes us sad)... Later on, those who learn from it harvest the fruit of peace and righteousness.  
  
12So – firm up up those ‘drooping arms’ and those ‘shaky knees!’ 13And make sure that the tracks you’re making with your ‘feet’ are straight… So the ‘limp leg’ can get better rather than just stumble about!  
  
14Chase after [the way of] peace with everyone; and chase after [the way of] holiness too – for without that, no one can see ourChase after [the way of] peace with everyone; and chase after [the way of] holiness too – for without that, no one can see our<sup class="difference">[Syr] Lord!  
  
15Therefore, make sure that none of you are lacking God’s loving care... Otherwise some ‘poisonous plant’ might grow to harm and defile many of you... 16Or we might find a sexually immoral person among you, or someone [spiritually] weakOr we might find a sexually immoral person among you, or someone [spiritually] weak<sup class="difference">[Syr] like Esau – who gave away his birthright for a single meal! 17Do you remember how [he changed his mind] later and wanted to inherit the blessing? But he couldn't get it back – even though he begged for it with tears!  
  
18Now, [unlike the ancient Israelites] you haven’t come near to a burning fire,Now, [unlike the ancient Israelites] you haven’t come near to a burning fire,<sup class="difference">[Syr] nor even dark gloom or a thunderstorm... 19Nor [have you heard] the sound of trumpets being blown, nor the voice [of God] speaking… Yes, a voice that they asked not to have to listen to 20since they couldn’t stand it when it commanded:  
  
 ‘If so much as a wild animal touches this mountain, it must be stoned!’ [Exodus 19:12-13]  
  
21Yes, it was such a frightening scene that even Moses admitted:  
  
 ‘I’m terrified and shaking!’ [Deuteronomy 9:19]  
  
22But you’ve approached [near] to ‘Mount Zion,’ and to the ‘City’ of the Living God! Yes, to the Heavenly ‘JeruSalem,’ and to gatherings of millions of [God’s] messengers, 23and to the congregation of the firstborn (whose names have been written in the heavens), and to God – the judge of them all.  
  
[Yes, you’ve approached near to] the breaths of those who are righteous and who’ve been made perfect… 24And [you’ve approached near to] Jesus, the mediator of the New Sacred Agreement, and to the sprinkling of his blood [in sacrifice], which speaks out better than Abel’s!  
  
25Therefore, beware in case you [also] ask [to get away] from He who speaks to you [just like the Israelites did]!  
  
Because if they didn’t get away with it, who asked to not [have to listen] to Him when he spoke with them on the earth… How much more will we not get away with it, if we ask [not to listen to] He who’s spoken with us from the heavens? 26Yes, He whose voice rattled the ground!  
  
But now He’s promised:  
  
 ‘Next time, I’ll not only shake the ground, [I’ll also shake] the sky!’ [Haggai 2:6]  
  
27So when He said ‘next time’, He implied that the things He’ll shake then will be transformed, because they’re creations [of mankind]… But things that won’t be shaken will remain [unchanged].  
  
28So in view of the fact that we’ve received a Kingdom that won’t be shaken, let’s grab hold of the loving-kindness [of God] that allows us to serve and please God with reverence and fear. 29Indeed, our God is a ‘consuming fire!’