

Summary of Hebrews Chapter 12

If you look at the whole chapter, there are what you might call four peaks and four valleys. The peaks are exhortation (or right-doing), and the valleys are motivation (or right-knowing) - reasons to act this way. Below is a summary of the four peaks of exhortation and four valleys of motivation..

1. Exhortation peak #1 (verse 1): Throw off everything that hinders and . . . run with perseverance the race marked out for you.
 - Then comes the valley of motivation in verses 2-11. **fixing our eyes on Jesus**
2. Exhortation peak #2 (verses 12-17): Be strong, make a straight path, pursue peace and holiness, and don't be like Esau who sold his inheritance for a single meal.
 - Then comes the second valley of motivation in verses 18-24. **You have come to thousands upon thousands of angels in joyful assembly,**
3. Exhortation peak #3 (verse 25a): See to it that you do not refuse Him who is speaking. That's what Esau did. Don't do it. Trust God. Don't spurn his grace.
 - Then comes the third valley of motivation in verses 25b-27. **Once more I will shake not only the earth but also the heavens...so that what cannot be shaken may remain.**
4. Finally, exhortation peak #4 (verse 28): Be thankful for God's promise of an unshakable kingdom and in that grateful hope worship God - serve God - with reverence and awe.
 - Because - and this is the last small but explosive valley of motivation, verse 29 - **because our God is a consuming fire.**

after Piper