

I am a Child of God
Book of Hebrews 12:4-17
Bible Study Lesson
Tuesday, 2.17.2026

Overview: Each of us needs to remember one key important thing: we are children of God! This means that we are more than just another one of His creations, but we are now in an intimate relationship. However being his child does mean we reap the benefits of Him being our full Father. This lesson unpacks this for us.

Scripture Text:

Hebrews 12:4-17 NIV

[4] In your struggle against sin, you have not yet resisted to the point of shedding your blood. [5] And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, [6] because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” [7] Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? [8] If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. [9] Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! [10] They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. [11] No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. [12] Therefore, strengthen your feeble arms and weak knees. [13] “Make level paths for your feet,” so that the lame may not be disabled, but rather healed. [14] Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. [15] See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. [16] See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son. [17] Afterward, as you know, when he wanted to inherit this blessing, he was rejected. Even though he sought the blessing with tears, he could not change what he had done.

Scripture Lesson:

1. The Lord disciplines His people, who He _____.
“[6] because the Lord disciplines the one he loves...”
2. The purpose of God’s discipline is to promote _____.
“...in order that we may share in his holiness.”
3. A disciplined child can help _____ to be disciplined.

“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. [15] See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”