

# Endurance:

Hebrews 12:3-4 ESV [3] Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. [4] In your struggle against sin you have not yet resisted to the point of shedding your blood.

Enduring is accomplished by not growing weary or fainthearted

*Hebrews 12:1-3 ESV*

Growing weary:

- Can mean physical or spiritual weariness
- It in indicates the effect of continual work or toil
- In ancient literature it was often associated with the exhaustion from war and battle

Growing fainthearted:

- Originally to give out, to become faint, to dissolve
- Came to mean losing motivation, disheartened, discouraged
- Points towards inner collapse
- Monday night work out
- Growing weary or fainthearted is prevented by considering Jesus
- This warning came from the writer's observation that there was a weakening of resolve and a lessening of spiritual vigor

Growing weary or fainthearted is prevented by considering Jesus

*Hebrews 12:3-4 ESV*

Consider:

- To reason with careful deliberation
- Not a casual or flippant thing

Consider = reason with careful deliberation = meditation

Meditate:

- Keller in *Prayer*: To meditate is to use the mind intensely, taking biblical truths and driving them into your heart until it is affected, delighted, and changed.
- Specifically, to consider Jesus is to think hard about Jesus, focusing on what we know of him from the Bible, and taking those truths and applying them to our heart so that we do not grow weary and we do not lose heart. This is the remedy for weariness and faintheartedness.

Two objections; too difficult, boring

1. Too hard – worry
2. Too boring – not for God

Michael Reeves in *Rejoicing in Christ*: "... there is nothing more precious to the Father than him, there cannot be any blessing higher than him or anything better than him. In every way, he himself must be the "very great reward" of the gospel. He is the treasure of the Father, shared with us. Sometimes we find ourselves tiring of Jesus, stupidly imagining that we have seen all there is to see and used up all the pleasure there is to be had in him. We get spiritually bored. But Jesus has satisfied the mind and heart of the infinite God for eternity. Our boredom is simple blindness. If the Father can be infinitely and eternally satisfied in him, then he must be overwhelmingly all-sufficient for us. In every situation, for eternity."

### Considering Jesus through biblical meditation

John Owen on the three stages of meditation:

1. Fixing our thoughts – getting a clear view of a truth from the Bible
  - "... fixing, forcing, and ordering of our thoughts ..."
2. Inclining our hearts – helping our heart to rest in the joy and hope of those truths
  - Having our hearts "adhere and cleave unto spiritual things ..."
  - Preaching to your heart until it connects to the truth (Baxter)
3. Responding to God – many various responses

*Hebrews 12:3-4 ESV*

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"Anything short of death requires endurance."