

# Endurance:

## Lift, Strengthen, and Make Straight Paths

Hebrews 12:12-13 ESV [12] Therefore lift your drooping hands and strengthen your weak knees, [13] and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

### Therefore

The “therefore” refers to the ideas around our suffering and trials that are in conflict with our call to endure.

### Lift and Strengthen

**Hebrews 12:12 ESV Therefore lift your drooping hands and strengthen your weak knees,**

Define strengthen and lift: Rebuild, bolster, fix upright

Describes a desired inner reality – the physical aspects are figurative and are to point to the internal reality of enduring

Allusion - Isaiah 35:3-4:

*Strengthen the weak hands, and make firm the feeble knees. Say to those who have an anxious heart, “Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.*

This allusion points towards divine intervention and is a reminder that God's grace-particularly Christ's work-precedes our exertion.

### Make Straight Paths

**Hebrews 12:13 ESV and make straight paths for your feet,**

Define: to pursue ways that are directed straight to the goal. Still figurative, but a more external concern than the previous admonition.

Allusion - Proverbs 4:26-27:

*Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil.*

Straight path in proverbs is walking in godly wisdom and conduct

### So That

**Hebrews 12:13 ESV so that what is lame may not be put out of joint but rather be healed.**

Logical connection being made . . . if this happens, then that will follow

When I strengthen my inner self by considering who God is and what he has done and what he will do, and I endeavor to live a biblical life, **there are results!**

### What Is Lame May Be Healed

**Hebrews 12:13 ESV so that what is lame may not be put out of joint but rather be healed.**

The result of "Strengthen each other with the gospel truths of our saving God and work to live a wise and godly life" is that lame people avoid further injury and in fact are healed

We are all lame

Timothy Keller: *"Christianity is not just for the strong; it's for everyone, but especially for people who admit that, where it really counts, they're weak. It is for people who have the particular kind of strength to admit that their flaws are not superficial, their heart is deeply disordered, and that they are incapable of rectifying themselves. It is for those who can see that they need a savior, that they need Jesus Christ dying on the cross, to put them right with God."*

Communicating to lift, strengthen, and make straight to help others endure:

Isaiah 35:3-4:

Proverbs 4:26-27:

1. Speak encouragingly: Be strong; fear not!
2. Speak hopefully: Behold, your God will come with vengeance, with the recompense of God. He will come and save you.
3. Speak instructively: Ponder the path of your feet

In order to endure, holding a biblical perspective on our difficulties, let us lift and strengthen ourselves by seeing our saving God clearly, by living godly, wise lives, and by pondering the path of the race set before us.