

Endure suffering as an expectation when following Christ (v. 3-4).

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.

God's discipline proves we are His children (vs. 5-8).

5 And have you forgotten the exhortation that addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. 6 For the Lord disciplines the one he loves, and chastises every son whom he receives." 7 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons.

Proverbs 3:11-12 My son, do not despise the LORD's discipline or be weary of his reproof, 12 for the LORD reproves him whom he loves, as a father the son in whom he delights.

Romans 8:16-17 The Spirit himself bears witness with our spirit that we are children of God, 17 and if children, then heirs--heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

God always acts perfectly (vs. 9-10).

Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness.

How to tell if it is discipline:

Pray for wisdom (James 1:5)

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Ask God to search your heart (Psalm 139: 23-24)

**Search me, O God, and know my heart! Try me and know my thoughts! 24
And see if there be any grievous way in me, and lead me in the way
everlasting!**

Ask God to reveal any sin to you (Job 13:23)

**How many are my iniquities and my sins? Make me know my transgression
and my sin.**

Confess any known sin (Psalm 51:1-2)

**To the choirmaster. A Psalm of David, when Nathan the prophet went
to him, after he had gone in to Bathsheba. Have mercy on me, O God,
according to your steadfast love; according to your abundant mercy blot
out my transgressions. 2 Wash me thoroughly from my iniquity, and
cleanse me from my sin!**

Ask yourself "What part of me is being pressed?" (James 1:4)

**And let steadfastness have its full effect, that you may be perfect and
complete, lacking in nothing.**

The right response to discipline leads to righteousness (v. 11).

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Psalm 119:71 It is good for me that I was afflicted, that I might learn your statutes.

Romans 5:3-5 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

2 Corinthians 4:17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison,