

83 Indeed, have you failed to take notice of the exhortation that is addressed to you as sons?

“2•My son, do not think lightly of the training of the Lord, and do not give up when you are reprov^d by him. 3•For the Lord trains the one whom he loves, and he scourges every son whom he acknowledges.” [Proverbs 3:11-12]

4•Persevere in his training. 5•God treats you as sons. 6•Now who is the son whose father does not train him? 7•So, if you are without the training of which we have all become partakers, then you are illegitimate children and not sons.

12:5–8

84 Furthermore, we had the fathers of our physical existence for our trainers, and we respected them. 2•Shall we not, to an even greater extent, be subordinate to the father of our spirits and receive Life? 3•Now they, on the one hand, trained us in accord with what seemed best to them for the few days of our brief life here. 4•But He, on the other hand, trains us for what is even better, to the end that we might share in the holiness brought about by him. 5•On the one hand, all training, at the time, does not seem to be joyful, but rather distressful. 6•Yet, on the other hand, later—to those who have been exercised by it—it pays off in the peace-yielding fruit of *dikaio^{sune}*.

12:9–11

85 Therefore, set your drooping hands and feeble knees straight again, and set a straight course for your feet lest your lame condition wander off. 2•Might it, rather, be restored.

12:12–13

§ 3.2 • Exhortation to Pursue the Promised Reward

PART 28

86 With all men, pursue peace—even the sanctification apart from which no one will see our lord. 2•See to it that no one falls short of the grace of God, that no “root of bitterness, by springing up” [Deuteronomy 29:18] cause trouble and through it the many be defiled, that there be no one who plays the prostitute, even a vulgar person like Esau, who sold his own rights as the firstborn in exchange for one, single meal. 3•Now you know that indeed afterwards, when he wanted to inherit the blessing, he was rejected; for, even though he solicited it with tears, he found no place for repentance.

12:14–17

87 For you have not come to the mountain which is being sought after—specifically, to the burning fire, and to the darkness, and to the gloom, and to the wind, and to the blast of a trumpet, and to the sound of utterances—with respect to which, those who heard implored that no further communication be given to them. 2•Now, they could not bear the command—“if even a beast touches the mountain, it shall be stoned.” 3•Indeed, so terrible was the phenomenon that Moses said, “I am terrified,” [Deuteronomy 9:19] and he was indeed full of trembling.

12:18–21

88 Rather, you have come to Mount Zion, even the city of the real and true God, the Jerusalem from heaven; and you have come to myriads of angels in joyful, public feasting and celebration; and you have come to the assembly of the firstborn heirs, of those who are enrolled in the heavens; and you have come to the ruler, God, over all; and you have come to the spirits of those who, because they were made *teleios*, were decreed *dikaio^s*; and you have come to the mediator of the new covenant, Jesus; and you have come to the blood for sprinkling, which makes a better appeal than that of Abel.

12:22–24

89 See to it that you not rebuff the one who makes the appeal. 2•For if those in the land did not escape when they rebuffed the one who warned them, then, all the more, will we not escape—the ones turning away from him who is from heaven.

12:25

90 His voice made the land shake then, but now he has promised, saying, “Yet once more will I shake,” not only “the land,” but also “the heavens.” [Hagaii 2:6] 2•Now this “yet once more” refers to the reconstitution of what is shaken—of how it is made—such that what is not shaken remains. 3•Therefore, because we are receiving the “unshaken” kingdom, let us have gratitude, in line with which we offer acceptable service to God, with reverence and awe; for, indeed, our God is a consuming fire.

12:26–29

Concluding Instructions

PART 29

91 Love of your brother is to persist. 2•Do not forget hospitality, for by this some have entertained divine messengers without knowing it. 3•Remember those bound in prison as being bound with them; remember those being mistreated, as if you yourselves were in fact in their body.

13:1–3

92 Marriage is to be held in honor among all, and the marriage bed is to be undefiled, for fornicators and adulterers God will judge.

13:4

93 Your manner is to be free from the love of money. 2•Be content with what you have. 3•For he himself has said,

“4•I will never leave you, nor will I ever forsake you.” [Deuteronomy 31:6,8]

5•So then, we, being undaunted, say,

“6•The Lord is my helper. 7•Indeed, I will not be afraid. 8•What shall a man do to me?” [Psalm 118:6]

13:5–6

94 Remember your leaders, who proclaimed to you the message of God. 2•Thinking back on the escape afforded by their way of life, imitate their belief. 3•Jesus the Messiah is the same, yesterday and today—indeed, into the ages. 4•Do not get led astray by various and novel teachings. 5•For it is good for the heart to be made sure on the basis of grace, not on the basis of foods. 6•The ones who are living on the basis of these have not benefited. 7•We have an altar from which the ones who serve in the tabernacle have no right to eat.

13:7–10

95 Now the bodies of those living creatures whose blood is brought into the sacred precincts by the high priest for sin, these are burned outside the encampment. 2•Therefore, Jesus as well—so that he might make the people holy through his own blood—he suffered outside the gate. 3•So then, let us go out to him, outside the encampment, bearing his reproach. 4•For here we do not have a lasting city, rather we are seeking what is about to come.

13:11–14

- 96 With a view to him, therefore, let us continually offer up an offering of praise to God, that is, the fruit of lips acknowledging his name. 2•And do not neglect well-doing and sharing; for God is pleased with offerings such as these. 13:15–16
- 97 Have confidence in your leaders and accept your subordinate place, for they keep watch over your very persons, as those who must give an accounting. 2•Do this so that they might do this with joy, and not be groaning. 3•For this would be disadvantageous for you. 13:17
- 98 Pray for us. 2• Now we are persuaded that—insofar as we are wanting to conduct ourselves rightly in every respect—we have an ingrained understanding that is good. 3•So I urge you to do this all the more—to the end that I may be quickly returned to you. 13:18–19

Benediction

PART 30

- 99 Now the God of peace—the one who brought the great Shepherd of the sheep, our Lord Jesus, up from the dead—may he, in connection with the blood of the covenant that pertains to the *final* Age, supply you with every good thing to satisfy his will, creating in you that which is pleasing in his sight in view of Jesus, the *messiah*. 2•To him be glory into the ages of the ages. Amen. 13:20–21

Accompanying Cover Greeting to One Particular Community

PART 31

- 100 Now I urge you, brothers—be content with this word of exhortation, for I have corresponded with you but briefly. 13:22
- 101 You know our brother Timothy. 2•He has been released. 3•If he comes soon, I will visit you in him. 13:23
- 102 Greet all of your leaders and all the *hagioi*. 13:24a
- 103 Those from Italy greet you. 2•Grace be with you all. 13:24b–25