

- 12 1 Therefore as we have round us so great a cloud of witnesses,
 Let us too put away every encumbrance and the sin that clings so
 close,
 And let us run patiently the course set before us,
 2 Looking to Jesus the leader and perfecter of the faith,
 Who for the joy set before him endured the cross, despising the shame,
 And *is seated at the right hand* of the throne of God.
 3 Yes, consider him who has endured such opposition from men who
 were *sinners against themselves*,¹
 That you may not grow wearied and faint in your souls.
 4 You have not yet resisted to blood in your struggle against sin :
 5 And you have forgotten the appeal—one that reasons with you as with
 sons—
My son, regard not the Lord's chastening lightly,
Nor faint, when reproved by him ;
 6 *For whom the Lord loves, he chastens,*
And scourges every son whom he receives.
 7 It is for chastening that you endure. God is dealing with you as with
 sons ;
 For what *son* is there whom his father does not *chasten* ?
 8 If you are without *chastening*, in which all come to partake,
 Then you are bastards, and not sons.
 9 Furthermore, we used to have the fathers of our flesh to chasten us,
 and them we revered :
 Shall we not much rather be subject to the Father of spirits, and so
 live ?
 10 For while they chastened us after their good pleasure for a few days,
 He chastens for our profit, that we may partake of his holiness.
 11 For the moment indeed, all chastening seems to be matter not of joy
 but of sorrow ;
 Yet afterwards it yields peaceable fruit to those who have been
 trained by it, fruit of uprightness.
 12, 13 Therefore *lift up the nerveless hands and the paralysed knees*, and *make*
even tracks for your feet, so that what is lame may not be dislocated but
 14 rather cured. *Aim at peace with all men*, and at that sanctification
 15 without which no one shall see the Lord ; watchful lest anyone
 be falling short of the grace of God—*lest any bitter root spring up to vex*
 16 *you*, and the many be defiled by it ; lest there be any fornicator or
 worldly person like *Esau*, who for a single meal *sold his own birth-right*.
 17 For you know that even when he afterwards desired to inherit the
 blessing, though he sought for it with tears, he was rejected—for he got
 no chance of repentance.
 18 For you have not drawn near to a *fire* that is felt and *flaming*, and to
 19 *blackness* and to *darkness* and to *storm* and to the *sound of trumpet* and to
 the *sound of words* (at which the hearers begged to have not a word more
 20 added, for they could not bear the charge : *If even a beast touch the*
 21 *mountain, it shall be stoned*)—and so dreadful was the appearance that
 22 Moses said, “ *I am frightened and terrified.* ” Nay, you have drawn near to
 Mount Zion, and to the city of the living God, the heavenly Jerusalem,
 23 and to thousands of angels in festal gathering, and to the assembly of the
 first-born registered in the heavens, and to the God of all, as judge, and
 24 to the spirits of just men made perfect, and to Jesus, mediator of a fresh
 covenant, and to that blood of sprinkling which speaks better than Abel's.

¹ Reading *ἑαυτῶν*.