

Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones
Chapter 18: In God's Gymnasium
Hebrews 12:5-14

Heb 12:5-14 NKJV And you have forgotten the exhortation which speaks to you as to sons: "MY SON, DO NOT DESPISE THE CHASTENING OF THE LORD, NOR BE DISCOURAGED WHEN YOU ARE REBUKED BY HIM; (6) FOR WHOM THE LORD LOVES HE CHASTENS, AND SCOURGES EVERY SON WHOM HE RECEIVES." (7) If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? (8) But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. (9) Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live? (10) For they indeed for a few days chastened *us* as seemed *best* to them, but He for *our* profit, that *we* may be partakers of His holiness. (11) Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. (12) Therefore strengthen the hands which hang down, and the feeble knees, (13) and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed. (14) Pursue peace with all *people*, and holiness, without which no one will see the Lord:

Review of last week's lesson on chastening.

After conversion, the Lord's ordinary means of instructing us is through the Word of God. However, if we spurn His Word, He may train us through a painful discipline to instruct us in His holiness. He may use the loss of possessions, loss of health, or persecution to cause us to desire to know Him better and to do His will. In extreme cases, He may withdraw His sensible presence or even use death as a means to preserve the saint for His heavenly kingdom as He did in the case of some of the Corinthians who were not valuing the Lord's church and His supper with respect. Why does the Lord do this? Because He loves us and has determined to make us holy, He will insure that our lives are ordered so the He is glorified and we are made like Him.

Chapter 18: In God's Gymnasium

1. What are three wrong ways to respond to the Lord's training (chastisement) according to verses 5 and 15?
 - 1)
 - 2)
 - 3)
2. Lloyd-Jones teaches us that one way of "despising" the Lord's chastening is to harden ourselves to it. This hardening has consequences upon our relationships. What are the consequences He mentions?
3. The text tells us that the Lord is speaking to us as sons (NASB and NKJV). Lloyd-Jones says the He is speaking to us a "grown men." In what two ways then should we be responding to the Lord's chastening?

4. According to Lloyd-Jones, what is the root teaching of the word “exercised?”
5. Who are the only ones who really benefit from the Lord’s training?
6. We ultimately must recognize that it is the Lord who bringing all of this chastening to pass in order to strengthen us. According to p. 256, how are we to respond to the Lord’s instruction?
7. Explain in context the meaning of the words, “Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed.
8. Verse 14 says, “Pursue peace with all *people*, and holiness, without which no one will see the Lord.” What is the force of the word “pursue” according to Lloyd-Jones?
9. What three encouragements does Lloyd-Jones bring to help us in this exercise of holiness?
 - 1)
 - 2)
 - 3)