

## **Hebrews 12:12-17: Make sure you hit the finish line**

**Spiritual Physiotherapy: finding healing for spiritual lameness (12-13) through three choices:**

- 1. Zeal or half-heartedness (14)**
  - about peace – in relationships
  - about holiness – likeness to God
- 2. God's grace or bitter unbelief (15)**
  - inner attitudes
  - toxic ripples
- 3. The Immediate or the Ultimate (16-18)**
  - instant gratification
  - lasting loss