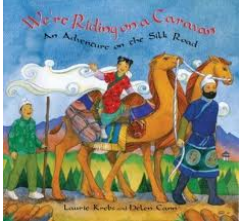


# Discipline

**No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace...**

**Hebrews 12:11**

## Family Book



## History

**Time Period:**  
A.D. 618-906

**Event:**  
Peak of trade along the  
Silk Road

## Itinerary

**Departure:**  
Palau

**Enroute:**  
After sailing to China,  
travel along the Silk  
Road from Changan

**Arrival:**  
Mongolia

## Map

*Silk Road and Maritime  
Spice Route*

## Hymn

*Morning Has Broken*  
# 60

**Discipline your son, for in that there is hope; do not be a willing party to his death.**

**Proverbs 19:18**

## God Disciplines His Sons

*Hebrews 12:1-11*

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

In your struggle against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten that word of encouragement that addresses you as sons:

“My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.”

Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his

father? If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Moreover, we have all had human fathers who disciplined us and we respect them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

## Sun & Moon

*Watch.*

*Stand fast in the faith.*

*Be brave.*

*Be strong.*

*1 Corinthians 16:13*