

## Hebrews 12:11

<sup>11</sup> 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.

Proverbs 13:1; 19:27; Psalm 119:67

## Hebrews 12:12–13

<sup>12</sup> Therefore strengthen the hands which hang down, and the feeble knees, <sup>13</sup> and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.

Isaiah 35:3

Proverbs 4:26–27