

SOMETHING

BETTER

*a
study
in*

HEBREWS

FOR WE **DO NOT** HAVE A HIGH PRIEST WHO IS UNABLE TO
SYMPATHIZE WITH OUR WEAKNESSES, BUT ONE WHO IN
EVERY RESPECT HAS BEEN TEMPTED **AS WE ARE**, YET
WITHOUT SIN. **HEBREWS 4:15**

WHY STUDY HEBREWS

THE FOCUS OF THE BOOK: JESUS IS “GREATER THAN” EVERYTHING THAT HAS COME BEFORE HIM OR WILL COME AFTER HIM. WHAT A PERFECT FOCUS FOR LENT!

IT SHOWS US THAT THE BIBLE IS ONE GRAND STORY. HEBREWS CONTAINS 35 DIRECT QUOTES FROM THE OLD TESTAMENT. CHRIST IS THE FULFILLMENT OF ALL THE OLD TESTAMENT HOPES AND PROMISES.

IT URGES PEOPLE OF FAITH NOT TO FALL AWAY FROM THE FAITH. THIS IS PERTINENT TO US – IN THE WAKE OF MANY EVANGELICAL LEADERS “DE-CONVERTING” AS OF LATE.

MORE ABOUT HEBREWS

STYLE

Along with Luke-Acts, this document displays the best Greek style in the New Testament; its author must have had sophisticated rhetorical training and literary skills.

AUTHORSHIP

This is the only New Testament book for which we don't know the author. Many potential authors have been proposed: Paul, Barnabas, Silas, Peter, Apollos, Priscilla. But for our purposes, the author remains anonymous.

AUDIENCE

The readers are obviously predominantly Jewish and are under pressure to give up their Christian distinctives (either from the synagogue or from Gentile persecution of Christians).

ORGANIZATION

The outline looks like this:

- 1:1-3: *Jesus is greater than the prophets*
- 1:4-2:18: *Jesus is greater than the angels*
- 3:1-4:2: *Jesus is greater than Moses*
- 4:3-13: *Jesus is greater than Joshua*
- 4:14-7:28: *Jesus is greater than the Old Testament priesthood*
- 8:1-10:39: *Jesus' ministry is greater than the Old Covenant ministry*
- 11-13: *A Call to Faith and Endurance*

WARNINGS

There are six warnings in Hebrews which are designed to prompt the people of God toward obedience:

1. *The warning against drifting - 2:1-4*
2. *The warning against departing - 3:12-15*
3. *The warning against disobedience - 4:11-13*
4. *The warning against dullness - 5:11-6:6*
5. *The warning against despising - 10:26-39*
6. *The warning against defying - 12:25-29*

YOUR NAME

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better [bet-er]

adjective, compar. of good with best as superl.

1. of superior quality or excellence.
2. of superior suitability, advisability, desirability, acceptableness, etc.; preferable.
3. larger; greater.

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*You can use the Grace App
to keep up with your daily
reading, take sermon notes,
access previous teaching
content, and keep up to date on
what's happening at Grace.*

BOOK TIPS

1. Place this book somewhere you will see it every day, and use it!
2. Take an intentional sabbath/day of rest on Saturdays.
3. Bring this with you to church every Sunday. Use the Sunday page to take sermon notes and write down different prompts and thoughts during the service.

SUNDAY

WEEK 1

Jesus All by Himself

JESUS IS GOD'S FINAL WORD

Read Hebrews 1:1-4

SUMMARY

The author begins with the main theme that will be repeated over and over again through the book of Hebrews; Jesus is greater than everything. He is superior. Specifically, this section confirms that God speaks to us through Jesus.

VERSE

He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high. Hebrews 1:3

QUESTIONS

- Why would God choose to speak to different people in different ways?
- What does it mean that God primarily speaks to us through Jesus?
- Which qualities of God does Jesus communicate to us by being:
 - The radiance of the glory of God?
 - The exact imprint of His nature?
 - The upholder of the universe?
 - The purifier of our sins?

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NOW WHAT?

Journal your thoughts on: Is there currently an area of your life where Jesus is not getting the final word? What would it look like to give Him the final word?

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JESUS IS GREATER THAN THE ANGELS

Read Hebrews 1:4-9

SUMMARY

Either the original Jewish audience thought too highly of angels (elevating them to a god-like status) or they thought too lowly of Jesus (diminishing Him to a mere angel). Either way, the author sets out to demonstrate that Jesus is superior to angels.

VERSE

And again, when he brings the firstborn into the world, he says, "Let all God's angels worship him." Hebrews 1:6

QUESTIONS

- Why do you think the author spends so much time showing that Jesus is superior to angels?
- Read Psalm 89:27. What does it tell us about the title "firstborn?"
- There was a temptation for biblical characters to worship angels when they showed up. There is also a modern fascination with angels. What does it tell us about Jesus that even these powerful beings worship Him?

NOW WHAT?

If the angels worship Jesus, you should too! Find your favorite worship song and let loose!

JESUS HAS UNIQUE AUTHORITY

Read Hebrews 1:10-14 and Psalm 110

SUMMARY

The author continues his argument that Jesus is superior to the angels. He points out Jesus' royal status and unique authority while the angels are simply servants. None of them sits in Christ's seat of honor.

VERSE

And to which of the angels has he ever said, "Sit at my right hand until I make your enemies a footstool for your feet"? Hebrews 1:13

QUESTIONS

- How does it feel to know that God sends angels to serve us who receive salvation?
- This key verse is based on Psalm 110. Read it and summarize it in your own words. Jesus then claimed in Matthew 22:44 that this passage referred to Himself.
- Why is it significant that Jesus is sitting at God's right hand?

NOW WHAT?

Get in a posture of prayer (on your knees, seated with your palms up, etc.) and acknowledge Jesus' authority over your life. Then listen to what He says back to you. Write it down here:

AVOID AUTOPILOT

Read Hebrews 2:1-4

SUMMARY

This is the first of at least 6 warning passages in the book of Hebrews. This is a warning against putting your faith On autopilot and then drifting away from the incredible gift of salvation that has been given to you.

VERSE

Therefore we must pay much closer attention to what we have heard, lest we drift away from it.
Hebrews 2:1

QUESTIONS

- We have to fight the temptation to go on autopilot spiritually. What are some of the truths that you “have heard” about Jesus? How could you pay “closer attention” to those truths?
- What are some ways that you tend to drift away from your faith?
- In Matthew 4:4, Jesus says God’s word is as important to our survival as food. How are you prioritizing your scripture intake?

NOW WHAT?

Identify one area of your life where you need to pay more careful attention to keep from drifting in your relationship with Jesus.

JESUS BECAME ONE OF US SO HE COULD SAVE US

Read Hebrews 2:5-18 and Romans 5:12-21

SUMMARY

Jesus is the founder of our salvation, thus showing again that He is greater than the angels. The way that He saved us was by becoming like us, experiencing temptation, and then conquering sin and death on our behalf. How great a salvation!

VERSE

For because he himself has suffered when tempted, he is able to help those who are being tempted. Hebrews 2:18

QUESTIONS

- Why was it important that Jesus became like one of us?
- Jesus is called the “new Adam” in Romans 5:12-21. Read that passage and summarize it in your own words.
- How does it make you feel to know that Christ can empathize with exactly what you’re going through?

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NOW WHAT?

Think of one temptation that you are facing. Jesus faced something similar. How would Jesus face that situation if he were in your shoes? Now do what He would do.

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SOMETHING

BETTER

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SUNDAY

WEEK 2

Greater High Priest

JESUS IS GREATER THAN MOSES

Read Hebrews 3:1-6

SUMMARY

The author continues with the main theme by showing how Jesus is greater than Moses. Moses was revered by the Jews as their greatest leader because he led the Israelites out of Egyptian slavery and to the Promised Land (See Exodus 34:10-12). But while Moses was an obedient servant of God, Jesus is exalted as the obedient Son of God.

VERSE

But Christ is faithful over God's house as a son. And we are his house, if indeed we hold fast our confidence and our boasting in our hope. Hebrews 3:6

QUESTIONS

- Moses was the most revered leader in all of Jewish history. What does this passage show us about Jesus?
- Verse 5 says that Moses was faithful "to testify to the things that were to be spoken later." In many ways, Moses's life foreshadowed Jesus. List a few parallels between Moses and Jesus (You can read more about Moses in the book of Exodus. Here are a few key themes to get you started: freedom, miracles, Promised Land, tabernacle).
- Verse 6 says that we are God's house. What signs will show if we're really part of God's house?

NOW WHAT?

What kind of lies or distractions get in the way of you holding fast to Jesus? Write down a few practical ways you can begin to overcome those barriers.

THE ISRAELITES' REBELLION

Read Hebrews 3:7-11 and Psalm 95:1-11

SUMMARY

This passage describes how the Israelites tested, doubted, and disobeyed God after they were freed from Egypt despite the many wonders He performed for them! Because of this, they were forced to wander in the wilderness for 40 years before entering the Promised Land so that none of the older generation, including Moses, were alive to enter.

VERSE

Therefore, as the Holy Spirit says, "Today, if you hear his voice, do not harden your hearts as in the rebellion, on the day of testing in the wilderness. Hebrews 3:7-8"

QUESTIONS

- Read Exodus 17:1-7. In the chapters preceding this, God had done amazing miracles in the sight of the Israelites and the Egyptians by using Moses, His servant, to free His people. How is it that they could now complain?
- When the Israelites rebelled against Moses and the Lord in the wilderness, they lost their chance to enter the Promised Land. If Jesus is greater than Moses, what is the author inferring about rebelling against Jesus?
- Hebrews 3:10 says that the Israelites were "a people whose hearts go astray." In what areas of your life are you tempted to let your heart go astray?

NOW WHAT?

Read Psalm 95:1-11. Use this psalm to write your own prayer to God; a prayer of praise, thanksgiving and confession.

WARNING AGAINST SIN

Read Hebrews 3:12-15

SUMMARY

The author continues his warning of hardening your heart against God, but he now adds the command for Christians to encourage one another every day.

VERSE

But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin. Hebrews 3:13

QUESTIONS

- What solution does this passage provide to being hardened by sin?
- What are some specific ways you can encourage other Christians in your circle so that their hearts aren't hardened?
- Repetition in the Bible typically means that something is really important. What does the author repeat in this passage that he mentioned earlier in the chapter, and why is it important?

NOW WHAT?

Identify one way that you are at risk of being deceived by sin and ask a trusted friend to hold you accountable and encourage you!

KEEP SIGHT OF GOD'S FAITHFULNESS

Read Hebrews 3:16-19

SUMMARY

Even though the Israelites experienced so many supernatural interventions from God, they always doubted God when they came up against the next obstacle. Their unbelief and rebellion caused God to prevent their generation from entering the Promised Land.

VERSE

So we see that they were unable to enter because of unbelief. Hebrews 3:19

QUESTIONS

- Read Jeremiah 2:4-7. This passage, written to the Jews hundreds of years after Moses, shows us that they continued to forget the miracles of God and rebel against Him even after entering the Promised Land. Why is it so important that the writer of Hebrews echoes a warning found throughout the Old Testament?
- Verse 17 shows us that God takes sin very seriously. What sins have you been taking lightly recently?
- Why is it ultimately their unbelief and not their sin that keeps the Israelites out of the Promised Land?

NOW WHAT?

Write out a list of all the ways God has provided for you up to this point in your life. Thank Him for that provision, and vow to remember. Keep your list in a safe place where you can look back on it when you come up against your next obstacle.

ENTERING HIS REST

Read Hebrews 4:1-2

SUMMARY

Now that a new Promised Land (rest) is available to us through Jesus, let's share the faith of those who obeyed and enter His rest.

VERSE

For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. Hebrews 4:2

QUESTIONS

- Verse 1 tells us that unbelief should cause us to fear. How does this intensify your call to encourage one another from Hebrews 3:13?
- Why was the good news useless to the Israelites who were not living "by faith"?
- What does Hebrews 3:14 say about our assurance of salvation?

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NOW WHAT?

Spend 3 minutes praying for 3 people in your life who still need to receive faith, and ask the Holy Spirit to prompt you to speak and act according to His will.

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SOMETHING

BETTER

Use today to rest, have an intentional sabbath, and catch up on any study guide days you have missed.

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SUNDAY

WEEK 3

Go Deeper or Fall Away

THE PROMISE OF REST IS STILL AVAILABLE

Read Hebrews 4:1, Proverbs 9:1-12

SUMMARY

The opening verse of Hebrews chapter four continues to draw the readers' attention back to the Israelites in the wilderness. The author points us back to this part of the Bible in order for us to learn from those mistakes and not make them ourselves. The first step is to fear and respect God.

VERSE

Therefore, while promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. Hebrews 4:1

QUESTIONS

- What similarities are there between us and the Israelites in the wilderness?
- Read Proverbs 9:1-12. What does it say “the fear of the Lord” leads to?
- As we learned in chapter 3, Jesus is the better Moses; therefore, He leads us to a better Promised Land, to His rest. What is the rest He gives us now? What is the rest that we have not yet reached?

NOW WHAT?

Proverbs 9 talks about “The Way of the Wise.” In a journal, list all of the characteristics attributed to the wise and righteous. How will you posture yourself before the Lord in order to grow in knowledge, in understanding, and in wisdom?

FAITH AND BELIEF IS THE KEY TO ENTERING REST

Read Hebrews 4:2-3

SUMMARY

The basis of entering God's rest is faith and belief. Notice that it is not knowledge. The Israelites in the wilderness had a wealth of knowledge. Moses taught them regularly about God and His laws. They observed numerous miracles that led to their deliverance from Egypt. They knew everything about God that they needed to know, but the writer says it did not benefit them because they did not act on it by faith.

VERSE

For good news came to us just as to them, but the message they heard did not benefit them, because they were not unified by faith with those who listened. For we who have believed enter that rest, as he has said, "As I swore in my wrath, "They shall not enter my rest,"" although his works were finished from the foundation of the world. Hebrews 4:2-3

QUESTIONS

- Why was knowledge of God not enough for the Israelites?
- Why does it require faith to believe the good news?
- What is the result of our faith and belief in the good news of Jesus Christ?

NOW WHAT?

Read Mark 9:21-24. In what area of your life do you need to cry out to God, "help my unbelief!?"

GOD HAS ALREADY COMPLETED THE WORK

Read Hebrews 4:4-5, Genesis 2:1-3 & Exodus 20:8-11

SUMMARY

God completed the work of creation in six days and then rested on the seventh. It was not that the Almighty Maker of heaven and earth was tired; rather, He rested because His work was perfectly completed. The job was done.

VERSE

For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." And again in this passage he said, "They shall not enter my rest." Hebrews 4:4-5

QUESTIONS

- Read Genesis 2:1-3 and Exodus 20:8-11. What is the connection between God resting and the command to keep the Sabbath?
- Consider the work of Christ in your life. How has His perfect work of salvation led you to His rest?
- What is the world striving for from which you can find rest?

NOW WHAT?

What important work needs done today? Complete that work, and then take time to rest. Find 30 minutes to unplug from everything and rest in Him. Turn off all electronics and just find rest in the presence of your Lord and Savior, Jesus.

JESUS IS THE BETTER JOSHUA

Read Hebrews 4:6-11 and Revelation 21:1-4; 22:1-5

SUMMARY

We see again the theme the author establishes at the beginning of Hebrews that Jesus is better than everything. He is superior to all else. Joshua led God's people to His rest although not immediately or completely. There was always the promise of a greater rest. There is both a now and not yet component to finding rest in Him.

VERSE

*For if Joshua had given them rest, God would not have spoken of another day later on.
Hebrews 4:8*

QUESTIONS

- Remember the readers of this book were enduring persecution and suffering. How would these words have been encouraging to them?
- Read Revelation 21:1-4 and 22:1-5. What rest do all followers of Jesus look forward to?
- What part do we play in striving to enter God's rest? (Hint—look for David's advice in verse 7). How are you doing at this, truly?

NOW WHAT?

Take time now to Praise the Lord! Read Psalm 95 out loud as a praise to the Lord. Search for the song "Our God is Greater" (by Chris Tomlin) and worship Him!

WE ARE ACCOUNTABLE TO FOLLOW GOD'S WORD

Read Hebrews 4:12-13

SUMMARY

These verses emphasize the need for us to respond faithfully when we hear the Word of God. When we hear it, we must allow it to transform us, we must obey, and do what it says. So, this verse is showing us that God's Word is alive. The Bible comes from the very heart (and mouth) of the Holy Spirit, from the very throne room of God. It is infinite in wisdom, infinite in power. And it can change our lives. We must not ignore God's Word.

VERSE

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12

QUESTIONS

- Visualize a literal picture of the words in verse 12. Sketch it out if you'd like. Now, meditate on that image while considering the impact of God's word being alive and active.
- What do we learn about the nature and character of God from verses 12-13?
- Consider that God spoke the world into existence (Gen 1:3) and that Jesus is the Word become flesh (John 1:14). Now re-read Hebrews 1:1-2 and 4:12. How important is the Word of God? How important is the Word in your life?

NOW WHAT?

Use Psalm 139 as a prayer of response. Praise the Lord for His character. Praise Him that He knows you. Praise Him for the word He has given to His people.

SOMETHING

BETTER

Use today to rest, have an intentional sabbath, and catch up on any study guide days you have missed.

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SUNDAY

WEEK 4

A Better Sacrifice

JESUS IS OUR HIGH PRIEST

Read Hebrews 4:14- 5:10

SUMMARY

The major theme of the book of Hebrews is that Jesus is greater. In this passage the author presents Jesus as the great High Priest who alone can give us victory over temptation, can extend us mercy, and can give us access to the throne of heaven because He was the only one who ever got through this life without giving in to temptation and sin.

VERSE

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. Hebrews 4:16

QUESTIONS

- What do you imagine when you read the words “high priest”?
- Make a list of how Jesus is described as a high priest.
- Read Leviticus 16. What parallels can you identify between Jesus’ role and the high priest’s role as it pertains to:
 - Appointment
 - Understanding of weakness
 - Approaching the throne
 - Sacrifice

NOW WHAT?

How does this impact/change the way I view my struggles and where I go to for help? Do I go to Jesus first? If not, why? Write down your thoughts and then pray. Approach the throne of grace with confidence and put everything at the feet of your great High Priest.

GROWTH IS NOT OPTIONAL

Read Hebrews 5:11-6:8

SUMMARY

The recipients of the letter are being rebuked for their lack of spiritual growth. The author is saying that his readers are fully responsible for their lack of growth and understanding of the deeper and weightier principles of God. Instead of progressing in their faith, they have either stalled or regressed. The call here is to press on in pursuit of the deep richness that God freely offers us.

VERSE

For everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil. Hebrews 5:13-14

QUESTIONS

- Describe the difference between spiritual milk as described here from what you have learned as you grow in your faith.
- What can we learn from verse 14 that is essential for growth in Christ? How can you begin to take in more solid food instead of milk?
- Read Deuteronomy 6:5-7 and Colossians 3:16. What do these two verses encourage God's followers to do?

NOW WHAT?

We should make it a part of our spiritual life to share with others what we are learning and how we are growing. It helps keep us accountable to spiritual growth and depth, which is the result of "chewing on the meat" of the Word of God. Tell your roommate, friend, or family members something that you have learned in God's Word today.

JESUS IS GOD'S GUARANTEED PROMISE

Read Hebrews 6:9-20

SUMMARY

Here, the author returns to the theme of encouragement by building up his readers and his Jewish audience of the full assurance of hope that is found in Jesus. Parallels are drawn with the patience and steadfastness of Abraham.

VERSE

And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.” Hebrews 6:11-12

QUESTIONS

- Read Genesis 12:1-3 and 22:15-19. What were the key promises God made to Abraham?
- Read Isaiah 14:24 and 46:11. How do you feel about the fact that God’s purposes are unchangeable? What effect does this truth have on you?
- What is the “full assurance of hope” mentioned in verse 11 and how do you connect this to the promise that God made to Abraham?
- What words in verse 19 convey security? How does this concept balance with the admonition to be diligent back in verse 11?

NOW WHAT?

Jesus rose from the dead, showing that He is God, for He has power over life and death. If Jesus rose from the dead, we will too. Praise Him, for He made a promise, and that promise is Jesus! Find a way to express your praise to Him today.

JESUS IS SUPREME

Read Hebrews 7:1-22 and Genesis 14:17-20

SUMMARY

Remember that the author's audience is Jewish. They place great importance on their traditions and on the Old Testament laws. According to the law, only Levites could be priests, therefore, Christ could not be a priest because He is from the line of Judah. Both the Old Testament and the author of Hebrews testify to the inadequacy of the Levitical priesthood to deal with the sin problem of God's people. The author shows conclusively that God can make anyone a priest, as He did with Melchizedek. And Jesus is greater than Melchizedek.

VERSE

Now if perfection had been attainable through the Levitical priesthood (for under it the people received the law), what further need would there have been for another priest to arise after the order of Melchizedek, rather than one named after the order of Aaron? Hebrews 7:11

QUESTIONS

- In verse 7, if Abraham is the lesser, who is the greater? Why is this significant? How does talk of a tithe make this clear?
- There is a lot of Old Testament language in this section. Do your best to make a list of the ways Jesus is greater than the Old Testament Levitical system (Hint: look at verses 2-3, 16, 18-19, 22).
- Who is the better hope (verse 19)? How has that made Him the guarantor of a better covenant?

NOW WHAT?

Get in a posture of prayer (on your knees, seated with your palms up, etc.) and acknowledge Jesus' supremacy over your life. Then listen to what He says back to you. Rest in the assurance that He is greater.

JESUS IS FOREVER

Read Hebrews 7:23-28

SUMMARY

The author has made the case that the law and Levitical system are insufficient in solving the problem of sin. His goal is to convince his readers not to return to that system as the means of their salvation. The essence of the gospel is that Jesus is sufficient. Jesus saves, because He is the greater High Priest. His salvation is forever for those who draw near to God. This is really good news!

VERSE

But he holds his priesthood permanently, because he continues forever Hebrews 7:24

QUESTIONS

- Why is it significant that Jesus' priesthood lasts forever?
- List out the character qualities of Jesus, our High Priest.
- What is mentioned in verse 27 about the differences of Jesus' priesthood? What impact does this have on us?
- In verse 28, what does "the word of the oath" refer to? (hint: Read Psalm 110:4)

NOW WHAT?

Jesus died for all of your sins – past, present, and future. He doesn't need to go the cross again. God's oath is final, fulfilled in Jesus. What deeper level of trust is He calling you to? How can you take a step closer to Him today?

SOMETHING

BETTER

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SUNDAY

WEEK 5

So Let Us...

JESUS IS HIGH PRIEST OF A BETTER COVENANT

Read Hebrews 8:1-13

SUMMARY

The picture in this chapter is of Jesus, as our high priest, seated at the right hand of God in the perfect, heavenly tabernacle. The Old Covenant that God had established with His people was not wrong, but it was not able to make them holy. Rather, they were “a copy and a shadow” of what was to come. Jesus fulfills what the Old Covenant promised and ushers in the better promises of God’s New Covenant.

VERSE

But as it is, Christ has obtained a ministry that is as much more excellent than the old as the covenant He mediates is better, since it is enacted on better promises. Hebrews 8:6

QUESTIONS

- How was the earthly tabernacle “a copy and a shadow” of the heavenly tabernacle?
- What is the certainty of the “better promises” (review 6:13-20)?
- What are the “better promises” of the New Covenant listed in verses 8-12?
- How has Jesus’ work in your life transformed your mind and heart (:10)?

NOW WHAT?

How is your obedience and submission to Jesus just a shadow of the truly transformed life He wants you to live?

THE TABERNACLE

Read Hebrews 9:1-10

SUMMARY

God gave Moses very specific instructions for the construction of the Tabernacle and its furnishings (Exodus 25-27), and Moses carefully followed God's building plan. The summary given helps us visualize that earthly tent and the ritual of the Day of Atonement (verse 7) so that we can more fully understand Christ's work as our high priest.

VERSE

According to this arrangement, gifts and sacrifices are offered that cannot perfect the conscience of the worshiper. Hebrews 9:9b

QUESTIONS

- Sketch a drawing of the Tabernacle based on what you read.
- What are the guidelines given to the priests for entering the Holy Place and the Most Holy Place?
- What does it mean that the gifts and sacrifices "cannot perfect the conscience of the worshiper"?

NOW WHAT?

Note the words "unintentional sins" in verse 7. We are accountable for all our sins, whether intentional or unintentional. Consider the last 24 hours and come to the Lord with confession and repentance.

JESUS IS THE BETTER SACRIFICE

Read Hebrews 9:11-28

SUMMARY

Under the Old Covenant, approximately 1,246 animals were required annually for sacrifice (not counting guilt offerings brought by individuals). When Solomon dedicated the Temple, 22,000 oxen and 120,000 sheep were offered as sacrifices. This was a bloody business! God's provision of His son, Jesus, as the perfect and better sacrifice was once and for all.

VERSE

He entered once for all into the holy places, not by means of the blood of goats and calves but by means of His own blood, thus securing an eternal redemption. Hebrews 9:12

QUESTIONS

- In verse 14, what are we purified from? What are we purified to do?
- What does it mean in verse 22 that “without the shedding of blood there is no forgiveness of sins”?
- What does it look like to “eagerly” wait for the return of Jesus? (verse 28)

NOW WHAT?

Jesus' sacrifice for you means that He is worthy of your whole life's praise. Choose a favorite worship song, get in a posture of humble worship, and offer Him the praise He is due!

JESUS' SACRIFICE = OUR FORGIVENESS

Read Hebrews 10:1-18

SUMMARY

On the Day of Atonement under the Old Covenant, the High Priest would carry the blood of the sacrifice made for all people into the Most Holy Place within the tabernacle (later the temple). He would sprinkle the blood over the “mercy seat” which was the lid of the Ark of the Covenant. Upon His death, Jesus carried His blood to the throne room of God where our sins are now covered. We are forgiven!

VERSE

For by a single offering He has perfected for all time those who are being sanctified. Heb. 10:14

QUESTIONS

- In verses 7 and 10, what is the will of God that Jesus obediently fulfills?
- Note in chapter 9 that the Tabernacle has no chairs for the priests to sit on. What then is the significance in verse 12 that when Jesus offered His sacrifice, “He sat down at the right hand of God”?

NOW WHAT?

Your sins have been forgiven! Praise the Lord! 1 John 1:9 reminds us that “if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” Part of living a fully devoted life to Jesus is the regular confession of and turning away from our sins. Spend some time asking the Spirit to convict you, confessing your sin, and thanking Him for His mercy and forgiveness.

IN JESUS WE ENDURE

Read Hebrews 10:19-39

SUMMARY

In light of all we have learned about Jesus in the preceding chapters, we are now assured of our place before Him. The author encourages, warns, and challenges his readers to endure for their reward is great.

VERSE

But we are not of those who shrink back and are destroyed, but of those who have faith and preserve their souls. Hebrews 10:39

QUESTIONS

- Reflect and review: Why do we have confidence to enter the holy places (God’s presence)?
- What does the author exhort his readers to do? (Hint: look for “let us...” in verses 22-25)
- What warnings are given for those who reject Jesus?

NOW WHAT?

What is it that you have endured or are enduring in this life? How do these scriptures encourage you to not “shrink back” but to press on? Which of the “let us” exhortations should you lean into and practice more this week?

SOMETHING

BETTER

Use today to rest, have an intentional sabbath, and catch up on any study guide days you have missed.

VISIT [WHOISGRACE.COM/HEBREWS](https://www.whoisgrace.com/hebrews) FOR AN AWESOME HEBREWS-INSPIRED PLAYLIST AND OTHER SABBATH RESOURCES!

SUNDAY

WEEK 6

Don't Give Up

YOU GOTTA HAVE FAITH

Read Hebrews 11:1-40

SUMMARY

Chapter 11 is often called the Hall of Faith. In verse 1, the author uses two words to describe faith - “assurance” and “conviction.” This is far different than “cross your fingers and hope it works out!” In this chapter, we learn that faith is a persistent confidence in God’s promises.

VERSE

*These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth.
Hebrews 11:13*

QUESTIONS

- Why is it necessary to trust God as well as believe in Him?
- Make a list of the heroes of faith in this chapter and write down a word or phrase that describes how they demonstrated their faith.
- In verse 13, in what ways are God’s people ‘strangers and exiles’ on earth? How does this knowledge help to strengthen our faith?

NOW WHAT?

Do a prayer walk through your home. What kind of lifestyle changes do you need to make to demonstrate that your true home is in heaven? Where does God need to strengthen your faith?

RUN YOUR RACE WITH ENDURANCE

Read Hebrews 12:1-17

SUMMARY

Now all the heroes of faith from chapter 11 make up a great “cloud of witnesses” who are cheering us on as we run our race. Yet our main example is Jesus who showed true spiritual endurance as he went to the cross. Because of him, we too can endure.

VERSE

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us. Hebrews 12:1

QUESTIONS

- How does sin slow us down?
- In verse 2, what does it mean that Jesus is the “founder” of our faith? What about the “perfector?”
- How is the Christian life more like a marathon than a sprint?

NOW WHAT?

What is one challenge you are facing right now in your life? Brainstorm some ways you can fix your eyes on Jesus as you walk through this challenge. In what practical ways can you focus on Jesus every day?

AN UNSHAKEABLE KINGDOM

Read Hebrews 12:18-29

SUMMARY

This section depicts Old Testament imagery from Mt. Sinai and shows how great and fearful it was to encounter God. The author reminds us that the new covenant greatly surpasses the old because of Jesus, our perfect mediator between God and man.

VERSE

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.
Hebrews 12:28-29

QUESTIONS

- We often prefer a picture of a gentle and kind God. What does this passage remind us about the nature of God?
- This passage includes a warning not to defy God because of His holiness. Instead, what do verses 28-29 say we should do?
- How might you improve including “reverence and awe” in your worship?

NOW WHAT?

Earthly kingdoms rise and fall, but God’s enduring kingdom will never be shaken. Search online for Andrew Peterson’s song “Is He Worthy.” Practice reverence and awe.

SUMMARY

For the past couple of chapters, the author has provided some lofty concepts including the faith of Old Testament saints and the Old and New Covenants. Now, in the last chapter, he begins to hammer home some practical expressions of our faith, including hot topics like money and sex.

VERSE

Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Hebrews 13:2

QUESTIONS

- Summarize the six practical commands in the first 8 verses of chapter 13.
- Normally we think of being hospitable to people we know. Give some examples of how someone could show hospitality to strangers.
- What can we learn about angels from verse 2? And what does it teach us about how God is working in the world?
- Why is verse 8 important for us to always remember?

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NOW WHAT?

Do something kind for a stranger today.

SACRIFICES PLEASING TO GOD

Read Hebrews 13:9-25

SUMMARY

In his final paragraphs, the author provides one last caution that Christians not get hung up on needless legalistic rules like food laws, but rather lean on grace and the only spiritual food that matters – the body and blood of Jesus. He then shares some final personal thoughts before ending this powerful letter.

VERSE

...let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Hebrews 13:15

QUESTIONS

- What examples do you see today of Christians who have been led away from the faith by strange teachings? What does verse 9 say will help prevent this?
- In verse 15 – how often should we be praising God?
- He says to offer God a ‘sacrifice of praise.’ A sacrifice normally costs us something. What are you giving up in order to praise God?

NOW WHAT?

Reflect on the entire book of Hebrews. Write down your three most important learnings and then what you will do about them.

What I learned

What I will do about it

SOMETHING

BETTER

Use today to rest, have an intentional sabbath, and catch up on any study guide days you have missed.

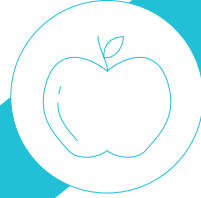
VISIT [WHOISGRACE.COM/HEBREWS](https://www.whoisgrace.com/hebrews) FOR AN AWESOME HEBREWS-INSPIRED PLAYLIST AND OTHER SABBATH RESOURCES!

EXTRA

NOTES

JESUS IS BETTER

than:



ADAM



NOAH

ABRAHAM



MOSES



THE JUDGES



THE KINGS



THE PROPHETS

THEFORE, SINCE WE ARE SURROUNDED BY SO GREAT A CLOUD OF WITNESSES, LET US ALSO LAY ASIDE EVERY WEIGHT, AND SIN WHICH CLINGS SO CLOSELY, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US, LOOKING TO JESUS, THE FOUNDER AND PERFECTER OF OUR FAITH, WHO FOR THE JOY THAT WAS SET BEFORE HIM ENDURED THE CROSS, DESPISING THE SHAME, AND IS SEATED AT THE RIGHT HAND OF THE THRONE OF GOD. CONSIDER HIM WHO ENDURED FROM SINNERS SUCH HOSTILITY AGAINST HIMSELF, SO THAT YOU MAY NOT GROW WEARY OR FAINTHEARTED, IN YOUR STRUGGLE AGAINST SIN. HAVE YOU NOT FORGOTTEN THE POINT OF SHEDDING YOUR BLOOD, AND HAVE YOU FORGOTTEN THE EXHORTATION THAT GOD HAS SENT YOU AS SONS? "MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD, NOR BE WEARY WHEN YOU ARE CORRECTED BY HIM, FOR THE LORD DISCIPLINES THE ONE HE LOVES, AND CHASTISES EVERY SON WHOM HE RECEIVES. IT IS OF DISCIPLINE THAT YOU HAVE TO ENDURE. GOD IS TREATING YOU AS SONS, FOR WHAT SONS IS THERE WHOM HIS FATHER DOES NOT DISCIPLINE? IF YOU ARE LEFT WITHOUT DISCIPLINE, IN WHICH ALL HAVE PARTICIPATED, THEN YOU ARE ILLEGITIMATE CHILDREN AND NOT SONS. BESIDES THIS, WE HAVE HAD EARTHLY FATHERS WHO DISCIPLINED US AND WE RESPECTED THEM. SHALL WE NOT MUCH MORE BE SUBJECT TO THE FAATHER WHO LIVES? FOR THEY DISCIPLINED US FOR A SHORT TIME AS IT SEEMED BEST TO THEM, BUT WE OBEY HIM WHO LIVES, THAT WE MAY SHARE HIS HOLINESS. FOR THE MOMENT ALL DISCIPLINE SEEMS TO BE PAINFUL, BUT LATER IT YIELDS THE PEACEFUL FRUIT OF RIGHTEOUSNESS TO THOSE WHO ENDURE IT. THEREFORE LIFT YOUR DROOPING HANDS AND STRENGTHEN YOUR WEAK KNEES, AND STRENGTHEN YOUR FEET, SO THAT WHAT IS LAME MAY NOT BE PUT OUT OF JOINT BUT RATHER BE STRENGTHENED WITH EVERYONE, AND FOR THE HOLINESS WITHOUT WHICH NO ONE WILL SEE THE LORD. WE MUST BE CAREFUL TO OBTAIN THE GRACE OF GOD; THAT NO "ROOT OF BITTERNESS" SPRINGS UP, THAT NO ONE IS SEXUALLY IMMORAL OR UNHOLY, THAT NO ONE SELL THEMSELVES FOR A SINGLE MEAL, FOR YOU KNOW THAT AFTERWARD, WHEN HE DESIRES TO REPENT, HE WAS REJECTED, FOR HE FOUND NO CHANCE TO REPENT, THOUGH HE SOUGHT TO. WE MUST NOT COME TO WHAT MAY BE TOUCHED, OR TO WHAT MAY BE TOUCHED, OR TO THE SOUND OF A TRUMPET AND A VOICE WHOSE WORDS MADE THE HEARERS BEAR IN MIND THAT THEY MUST OBEY, FOR THEY COULD NOT ENDURE THE ORDER THAT WAS GIVEN THEM. AS THE SCRIPTURE SAYS, "THE MOUNTAIN, IT SHALL BE STONED." INDEED, SO TERRIFYING WAS THE SIGHT OF THE FIRE AND DARKNESS AND OF THE SOUND OF THE TRUMPET AND THE VOICE OF THE ANGELS, THAT THEY WERE WITH FEAR." BUT YOU HAVE COME TO MOUNT ZION AND TO THE CITY OF THE LIVING GOD, THE CITY OF THE LIVING GOD, THE CITY OF JERUSALEM, AND TO INNUMERABLE ANGELS IN FESTAL GATHERING, AND TO THE ASSURANCE OF THE SPIRITS OF THE RIGHTEOUS WHO ARE ENROLLED IN HEAVEN, AND TO GOD, THE JUDGE OF ALL, AND TO THE SPIRITS OF THE RIGHTEOUS MADE PERFECT, AND TO JESUS, THE MEDIATOR OF A NEW COVENANT, AND TO THE SPRINKLED BLOOD OF JESUS, WHICH IS SUPERIOR WORD THAN THE BLOOD OF ABEL. SEE THAT YOU DO NOT REFUSE HIM WHO IS SPEAKING. FOR IF THEY DID NOT ESCAPE WHEN THEY REFUSED HIM WHO WARNED THEM ON EARTH, MUCH LESS WILL WE ESCAPE IF WE REJECT HIM WHO WARNS FROM HEAVEN. AT THAT TIME HIS VOICE SHOOK THE EARTH, BUT NOW HE HAS PROMISED, "YET ONCE MORE I WILL SHAKE NOT ONLY THE EARTH BUT ALSO THE HEAVENS." THIS PHRASE, "YET ONCE MORE," INDICATES THE REMOVAL OF THINGS THAT ARE SHAKEN—THAT IS, THINGS THAT HAVE BEEN MADE—IN ORDER THAT THE THINGS THAT CANNOT BE SHAKEN MAY REMAIN. THEREFORE LET US BE GRATEFUL FOR ALWAYS A KINGDOM THAT CANNOT BE SHAKEN, AND THUS LET US OFFER TO GOD ACCEPTABLE WORSHIP, WITH REVERENCE AND AWE, FOR OUR GOD IS A CONSUMING FIRE.

JESUS

EVERYTHING ELSE

