

Hebrews

Embracing the Supremacy
and Sufficiency of Christ

LESSON 3, DAY 2



Focus: Allow **Psalm 29** to fill your mind and help your heart to focus as you meditate on and pray through a few verses each day. Start today using **Psalm 29:1-2**

FEED:

1. Refresh your memory from last weeks lesson by reading **Hebrews 2:14-18**. How would you describe Jesus from this passage? _____

• Was Jesus completely human? Why? _____

2. With this in mind, read the first paragraph of **chapter 3 (verses 1-6)**.

Terms you need to know:

Apostle: messenger, or sent one

House of God: refers to His children, not an actual building

High Priest: sacrificial servant who mediates between God and man

Background information: The writer is addressing Jews who hold Moses in the highest esteem.

a. How does the writer address the listeners in **verse 1**? _____

b. How do we become holy according to **Hebrews 2:11**? Who's family are we now a part of? _____

c. Where does he direct their (our) focus? _____

d. In what way was Jesus the same as Moses? (v.2) _____

e. In what way does Jesus rise above Moses? (v.3) Why? _____

f. What analogy does the writer use? What does it mean? _____

g. What do we learn about God from **verse 4**? _____

h. What was Moses' role according to **verse 5**? _____

i. How is Jesus' role different? (v. 6) _____

j. What do you think it means to be God's house? _____

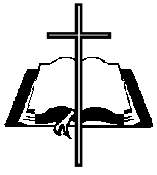
k. What does **1 Corinthians 3:16** say? _____

l. How do you feel about being the vessel in which God dwells? _____

Fill: Moses was a faithful servant of God, and God chose to use Moses to do mighty things, but Moses was just a servant, not a Son. Moses is part of God's house, just as we are. Meditate on what it means to be God's house. Are you amazed at the personal intimacy in this relationship? Ask God to give you insight on what it means to be His temple.

Follow: Write out **1 Corinthians 3:16** in your journal. Write down what you think that means and how that might affect the way you live. Work on memorizing **Hebrews 12:1**





Hebrews



Focus: Psalm 29:3-5

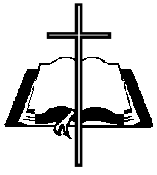
FEED: The end of **Hebrews 3:6** says that we are God’s house “if we hold on to our courage and the hope of which we boast.” In **Hebrews 12** we’re told to run this race with perseverance, speaking of our life of faith. Paul tells Timothy that he has finished “the race” and kept the faith. In **Hebrews** we will learn a lot about faith. Faith is based on the hope we have in Christ.

1. With this hope in mind, read what the Holy Spirit says in **Hebrews 3:7-11**. The writer is quoting from **Psalm 95:7-11** speaking of the exodus of the Jews from Egypt and their 40 year period of wandering in the desert. God showed Himself to them in many miraculous ways during that time and provided for their every need, yet still some chose to turn from Him.
 - a. Review what the purpose of this test was from **Deuteronomy 8:2**. What was it? _____
 - b. What warning does the Holy Spirit give in **Hebrews 3:7-8**? _____
 - c. Why was God’s spirit angry with the children of Israel according to **verses 10**? _____
 - d. What was the outcome of their rebellion? (v. 11) _____
2. What do you think it means to “harden the heart”? _____
 - a. Read about the Israelites situation in **Exodus 17:1-7**. Remember God had freed them from bitter slavery in Egypt. What were the signs of a hardened heart with these people? _____
 - b. They were not hearing the voice of God. Who’s voice were they listening to? _____
 - c. They had seen God’s faithfulness to them for 40 years (**Hebrews 2:9**), so one would think that they would trust (have faith) when they could not see, but that is not the case. What did they do? _____
 - d. Do you see yourself in them? How are we like the Israelites? _____
 - e. To “harden one’s heart” means to disobey the voice of God and to act according to one’s own desires. How does God respond to this type of rebellion? (**Hebrews 3:11**) _____
 - f. God is not passive when it comes to sin. He hates it. He explains why He was angry with that generation in **verse 10**. What does He say? _____
 - g. The people of Israel had every opportunity to “know God’s ways”, they simply chose not to. Their test lasted 40 years! That was a move of grace on God’s part. He wanted them to choose to have faith in Him. He wanted them to enter His “rest”. What do you learn from the Israelites? _____

FILL: The author of **Hebrews** uses the word “rest” eleven times in chapters 3 and 4. “Rest” as used here points to a place of blessing in the presence of God. A place where there is no more striving, but only relaxation. The same call is for us today. Read Jesus’ words from **Matthew 11:28-30**. Do you want to enter this place? You can today. It is not a position of the body, but a position of the heart. We enter that rest through obedience to God’s voice. Meditate on Jesus’ invitation. How will you respond?

FOLLOW: Continue memorizing **Hebrews 12:1**





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LESSON 3, DAY 4



Focus: Psalm 29:6-9

FEED: Read Hebrews 3:17-19. What do you think the writer is emphasizing? _____

Note: the word for heart (*kardia*) as used in the Bible does not stand for emotion, but for the whole inner being. It speaks of our thoughts, feelings and will. Often the emphasis is on the mind.

1. Let's gain more insight into this rebellion by reading Paul's description of Israel's journey from 1 Corinthians 10:1-10. What stands out to you from his account? _____

a. Why were these things written down for us according to 1 Corinthians 10:6 and verses 11-13? _____

b. What should we do when we are tempted to harden our hearts and rebel? _____

2. What is the cause of rebellion according Hebrews 3:12? _____

a. What are we exhorted to do in verse 13? _____

b. How might we do this for one another? _____

c. Have you experienced the deceitfulness of sin? _____

d. Adam and Eve were deceived in the garden. They thought it would be worth it to disobey God to taste the sweetness of the forbidden fruit. We have the same problem don't we? How does James describe this process in James 1:13-15? _____

3. What are some ways we can keep our heart from sinning according to the following verses:

a. Philippians 4:8 _____

b. Colossian 3:1 _____

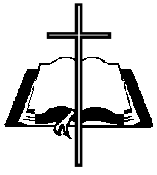
c. Colossians 2:14-15 _____

d. Galatians 5:16 _____

FILL: Use Hebrews 3:12 and the verses from question three to guide your thoughts as you pray to the Living God.

FOLLOW: Keep learning Hebrews 12:1 by heart.





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LESSON 3, DAY 5



Focus: Psalm 29:10-11

Read all of **Hebrews 3**. Skim over your lesson days.

1. Write a summary statement (no more than 1-3 sentences) of what you feel are the main points of this passage.

2. Can you pick a verse or two that seems to stand out to you? _____

3. Why did you pick this verse/these verses? _____

4. What is one truth you want to always remember from your study this week? _____

5. What lesson do you believe God would want you to apply from what you've heard from His word?

6. Any other thoughts/comments? _____

Conclude this day in prayer discussing what you've written above with the Lord.

Write out your memory verse below:

