

# Hebrews Pt 15 “Why Stand When You Can Sit?”

**Big Idea: Jesus’ once-for-all sacrifice ends performance-based striving and invites us to rest in His finished work while He intercedes for us.**

*Primary Text: Hebrews 10:1-18*

## Introduction

- A. Opening humor and setup: “Hebrews” coffee joke; long worship and sore feet as a picture of standing vs sitting
- B. Sermon title: Why stand when you can sit?
- C. Direction: We will contrast the old covenant’s continual standing with Christ’s finished work and seated position

## II. Context for Hebrews

- A. Audience: Jewish believers tempted to return to the Law
- B. Clarification: The Law is not trash; it is good but insufficient to atone for sin completely
- C. Shadow vs substance: The Law as a shadow pointing to Christ, not the final reality
- D. Day of Atonement pattern: Sins “rolled forward” annually, never fully removed

## III. Exposition of Hebrews 10

- A. Hebrews 10:1-4 – The Law cannot perfect
  - a. The Law is a shadow of good things to come
  - b. Annual sacrifices cannot make worshipers perfect
  - c. Without Christ, sacrifices serve as a reminder of sins
- B. Hebrews 10:5-10 – Jesus fulfills God’s will (Psalm 40)
  - a. Christ comes to do the Father’s will
  - b. He sets aside the first covenant to establish the second
  - c. We are sanctified through the offering of Jesus’ body once for all
  - d. Jesus fulfills, not abolishes, the Law (Matthew 5:17)
- C. Hebrews 10:11-14 – Standing priests vs seated Christ
  - a. Priests stand daily, offering repeated sacrifices
  - b. Christ offers one sacrifice for all time and sits at God’s right hand
  - c. By one offering He perfects those who are being sanctified
- D. Hebrews 10:15-18 – New Covenant promise (Jeremiah 31)

- a. Holy Spirit testimony: Law written on hearts and minds
- b. God remembers sins and lawless deeds no more
- c. Where there is forgiveness, no further offering for sin is needed

## IV. Key Illustrations

- A. Standing at a youth conference in thin Converse shoes vs finally sitting
- B. Shadow without substance: “sandwich with no mayonnaise” as a picture of the Law’s limits
- C. Saul and Samuel (1 Samuel 15): Obedience is better than sacrifice
- D. Romanian salt mine echo: How the reminder of sin echoes without Christ
- E. Robert Murray M’Cheyne quote: If we heard Christ praying next door, we’d fear no enemies

## V. Theological Themes

- A. Justification and sanctification
  - a. Justified by faith in Christ
  - b. Sanctified over time by the Spirit
- B. Christ’s finished work and present intercession
  - a. “It is finished” and Christ seated at the right hand of God
  - b. Ongoing intercession for believers (Romans 8:34; Luke 22:31-32)
- C. C. The error of performance-based Christianity
  - a. Trying to earn God’s approval through works, disciplines, or outcomes
  - b. Serving from fear or guilt instead of love and gratitude
  - c. Grace through faith, not works

## VI. Practical Application

- A. Signs you may be striving
  1. Feeling more loved when you “perform” more
  2. Feeling condemned when you fail or miss spiritual activities
  3. Comparing your spirituality to others
  4. Trying to earn forgiveness instead of receiving it
- B. A better posture: Resting in Christ’s seated, finished work
  1. Obedience over sacrifice
  2. Consecration and holiness as a response to grace
  3. Letting the Spirit write God’s law on your heart and mind
  4. Live from acceptance, not for acceptance

## VII. Call to Response

- A. Invitation to receive Christ for forgiveness and new life (Romans 10:9)
- B. Invitation to believers to lay down striving and rest in grace
- C. Prayer focus: Wash heart and mind; embrace sanctification by the Spirit

## VIII. Key Scriptures Referenced

Hebrews 10:1-18

Psalms 40 (as cited in Hebrews 10)

Jeremiah 31:31-34 (as cited in Hebrews 10:16-17)

Matthew 5:17

1 Samuel 15:22-23

Romans 8:34

Luke 22:31-32

Acts 2 (Peter at Pentecost)

Galatians 2 (Paul rebukes Peter)

Micah's image of sins cast away and the "sea of forgetfulness" idea referenced in the sermon's language

## IX. Memorable Takeaways

1. Why stand when you can sit? Christ sat down because His work is finished.
2. Obedience is better than sacrifice; performance is not the path to God's pleasure.
3. The Law is a shadow; Jesus is the substance.
4. Christ perfected us by one offering and is still interceding for us.
5. Under the New Covenant, God writes His law on our hearts and minds and remembers our sins no more.

## X. Reflection Questions

1. Where do I sense I'm trying to earn God's love or approval?
2. How would my week change if I lived from Christ's finished work instead of my performance?
3. What does obedience over sacrifice look like in my current decisions?
4. In what ways is the Spirit inviting me to deeper consecration and rest?