

Main Idea: Jesus is better, and He is our hope for true and lasting rest.

Context of Hebrews

- **Author:** Unknown
- **Audience:** Primarily Jewish Christians
- **Situation:** Jewish Christians faced persecution from outsiders and a temptation to turn to Old Covenant hope instead of resting in Christ.

Pay attention to Jesus (1:1-2:4)

- Because God has spoken (1:1-3)
 - To the Prophets
 - Through His Son
- Because Jesus is better (1:2-14)
 - The Creator and Sustainer of all things (2-3)
 - The Glory of God (3)
 - The Victorious King (3-14)
- Because we will be judged (2:1-4)

Rely on the work of Jesus for salvation (4:14-5:2)

- Jesus is the better high priest (14-15)
 - A man with weakness and temptation
 - A Savior with no sin
- Jesus is our hope before the throne of God (16-1)
 - So come boldly in His name

Rest in the new covenant through Jesus (7:22-8:13)

- Jesus is a better mediator (7:27)
- Jesus guarantees better promises (7:22, 8:10-12)
 - God's law in us (10)
 - God's claim on us (10)
 - God's mercy toward us (12)

Receive the promise of rest through faith (11:1-12:3)

- Faith is assurance of the promises of God (11:1)
- Endure by looking to Jesus (12:1-3)

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Intro Question: Who do you listen to?

Teaching Part 1

Pay attention to Jesus (1:1-2:4)

What sets Jesus apart as a person to whom we should listen?

- Our lives are full of voices calling for our attention and our allegiance. Many of those voices have good things to say. Many of them are selling us foolishness. Jesus is the revelation of God Himself to us. He is the voice that reigns supreme over every other voice. He is the voice we will answer to on the day of judgment. So He is the One we should listen to now. We should listen to and obey Him with our whole lives.

Rely on the work of Jesus for salvation (4:14-5:2)

Early Jewish Christians were tempted to rely on their Old Covenant practices for salvation. What are some things other than Christ that you may be tempted to rely on for salvation?

- We may be tempted to make religious actions into salvation actions. Read your Bible, come to church, be a good person, and you will be saved. Even if we wouldn't say that out loud, we think that way in our hearts. We believe the lie that God's relationship with us is built on our faithfulness to Him. But our relationship with God can exist only because of what Jesus has done. It is because of Jesus that we can stand before the throne of God. No work of our own could give us that privilege.

Teaching Part 2

Rest in the new covenant through Jesus (7:22-8:13)

Read Hebrews 9:24-28. Hebrews talks about the Old Testament tabernacle, temple, sacrifices, and priests as copies and shadows of real things. How does this affect the way you read the Old Testament?

- The Old Testament is always pointing to Jesus. When we read the laws about sacrifices and temples and offerings, they are not laws that we are meant to continue practicing today. They are shadows of the true sacrifice of Jesus. They are precursors to the true temple of God. They help us to understand the ultimate offering of Jesus.

Why do you think the Hebrews were tempted to fall back into their Old Covenant practices? Why do we ourselves tend to fall back into old habits and ways of thinking?

Receive the promise of rest through faith (11:1-12:3)

Read Hebrews 12:1-3. What are some weights that you may need to lay aside to run with endurance? What is the joy that you can look to as you run with endurance?

- We are called to lay aside every weight and sin. Some of those weights are not sinful by themselves, but can hinder us if we don't keep them in their proper place. This can include possessions, relationships, hobbies, and habits that gain too much weight in our hearts. Consider how God may want you to re-evaluate those weights. Also consider what sin you may be allowing to cling to you and weigh you down. Replace these weights and sins with an immovable focus on the joy of Jesus. We fix our eyes on our eternal hope in knowing Him.

Answer to Remember: The letters of the New Testament are God's inspired instructions to His people about the gospel, the Christian life, and the Church.

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 - To the _____
 - Through His _____
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- Faith is _____ of the promises of God (11:1)
- _____ by looking to Jesus (12:1-3)

[Bible Project video: Hebrews Overview](#)

[Capitol Hill Baptist Church Core Seminar: NT Overview](#)

[ESV Study Bible: Introduction to Hebrews](#)

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