



SERMON NOTES

KEEP MOVING FORWARD

A Better Priest

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Every high priest is selected from among the people and is appointed to represent the people in matters related to God, to offer gifts and sacrifices for sins. He is able to deal gently with those who are ignorant and are going astray, since he himself is subject to weakness. This is why he has to offer sacrifices for his own sins, as well as for the sins of the people.”
(Hebrews 4:15-5:3)

To practice writing your own psalm, read *How to Write Your Own Psalm* by Adam Young.

<https://adamyoungcounseling.com/wp-content/uploads/2020/05/How-to-Write-Your-Own-Psalm.pdf>

DEVOTIONAL GUIDE

Sermon Overview

Weariness. Sluggishness. Apathy. We have all experienced these feelings at some point—they drain our excitement and energy for living well. So, what do you do when you find yourself in a season of exhaustion and fatigue?

The book of Hebrews is written to a group of Christians who had found themselves in that type of season. In the midst of opposition and life's complications, they were in danger of losing interest in following Christ. So, this book reminds them of the resources they have in Christ and the nature of the journey they are on. All along the way, the author's challenge to them and to us is simply this—keep moving forward!

Praying Scripture

The prayer focus this week is Hebrews 4:16.

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Below is an example of how to pray the passage:

Father, I want nothing more than to rest in your throne room, to recognize in my soul your grace and your love for me. Quiet my heart Lord so that I may freely receive your mercy and grace in my times of need. Today I want to enjoy your presence. In the name of Jesus, Amen.

DEVOTIONAL GUIDE

FEBRUARY 3

The priests played a crucial role in the worship of Yahweh and the Jewish believers would have held the system in high regard. Of utmost importance was the role of the high priest, who once a year was permitted to enter the Holy of Holies and make the atoning sacrifice for the sins of the people. Without the intervention of the high priest, no one could approach God and no sacrifice for sin could be offered. This pivotal segment of the book will show how Jesus was greater than all of the high priests in Israel's history.



DAY ONE

Breathe, listen, pray and ask the Spirit to guide your time.

Read: Hebrews 4:14-5:10.

1. In two or three sentences, summarize the key ideas in these verses.
2. Scripture teaches that Jesus was fully God and fully man, a reality that Christians accept as true. How does 4:14-16 describe that reality?
3. How does 4:16 help us understand the attitude believers should have when approaching God's throne in prayer?

Reflect: What attitudes, past teachings, or experiences create barriers for you to approach God boldly in prayer? Journal your response and surrender any wrong thinking you have to the Lord and ask him to give you a new perspective.

DAY TWO

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 4:14-5:10.

1. What two duties is every high priest expected to perform?
2. What did the high priest have to do before he could atone for the people's sins?
3. Why is it important that every high priest is called by God versus being selected by some earthly achievement of status?

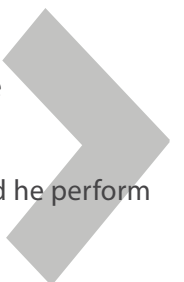
Reflect: The high priest was expected to deal with others' failures and shortcomings gently because he was aware of his own weaknesses. How does this truth remind us of how we should treat one another? Is there someone that the Spirit is revealing to you right now with whom you need to deal gently?

DAY THREE

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 4:14-5:10.

1. In Hebrews 5:5-6, the author quotes Psalm 2:7 and 110:4. Read these passages and observe that the Father appoints Jesus not merely to a temporary human high priesthood but as a priest forever. What title does the Father give Jesus?
2. Read Genesis 14:18 and notice the two offices Melchizedek held. How was he an appropriate type (foreshadowing) of Christ?
3. Even though Jesus was the Son of God, he submitted to the role of high priest. What functions did he perform in his role?



DAY THREE cont.

4. What did his suffering teach him? As the perfect high priest, what was Jesus able to do for us that no other high priest could do?

Reflect: What have you learned through the suffering that God has allowed in your life? How has it changed your attitudes and behaviors in a way that has deepened your relationship with Jesus and your relationships with others?

Respond and Apply: What aspects or truth from 5:1-10 seems to be most relevant to you? How do you want this truth to impact your life and relationships?

This week's study gives us a glimpse into surrender and suffering. Worship with an attitude of surrender as you listen to this song, [Have It All](#).

SMALL GROUP QUESTIONS

1. What does it mean to you that Jesus gets you? He wants you? He's for you?
2. How does the phrase "Throne of Grace" seem like a contradiction?
3. How would you describe your view of God:
 - a. Benevolent boss
 - b. Demanding teacher
 - c. Loving father
 - d. Difficult to please
 - e. Distant deity
4. What does it mean to you that Jesus is your advocate between you and God?
5. Why is it important that Jesus had to deal with being tempted?
6. Who is the person you could go to when you "messed up?"