



# SERMON NOTES

## KEEP MOVING FORWARD

### This is Our Story (Part 2)

*"Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus (a Better Sacrifice), by a new and living way opened for us through the curtain (a Better Covenant), that is, his body, and since we have a great priest over the house of God..." (Hebrews 10:19-21)*

#### **3 Action Steps:**

- Draw Near
- Hold Fast
- Reach Out

#### **Draw Near**

*"let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." (Hebrews 10:22)*

#### **Hold Fast**

*"Let us hold unswervingly to the hope we profess, for he who promised is faithful."*

Without hope, I \_\_\_\_\_.

#### **Reach Out**

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." (Hebrews 10:24-25)*

Spur one another on... (How?)

DON'T—avoid meeting together

DO—encourage one another

# 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 10:22.

*"let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water."*

### Below is an example of how to pray the passage:

Father, we come to you with an open heart and the confidence of knowing that our salvation is secure in you. Thank you for sacrificing your life one for all so that we can receive, by your grace, forgiveness for our sins. Help us to live with the freedom that comes from having a clear conscience as we stand in your righteousness. In the name of Jesus we pray, Amen.

## DEVOTIONAL GUIDE

### MARCH 3

In Hebrews 10, the author reminds us of the unique work of Christ. He shows us, that as our high priest, Christ has offered the ultimate sacrifice that brings us into a new relationship with God. Of course, even if we understand this, what does it look like to live this out? How do these truths affect our lives on an everyday basis? The author answers these questions by giving us three action steps—steps that we can apply in any season of life, regardless of our circumstances. This week we will discuss three steps that can help you keep moving forward!



# DAY ONE

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

**Read:** Hebrews 10:19-39

1. What does the therefore in 10:19 refer to from previous ideas? What confidence do we have in the new covenant that was not true in the old covenant?
2. In view of what you know about the old covenant, why is it significant that Christ is a “living way” into the Most Holy Place? (10:20)
3. What is meant by calling Christ’s body the curtain? (10:20)

**Reflect** on what it means that Jesus has opened a way for believers to fellowship with him at any time. How do you embrace the reality that you can experience the presence and intimacy of Jesus at any time?

# DAY TWO

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

**Read** Hebrews 10:19-39.

1. What important exhortations are contained in the following verses?
  - a. Let us (10:22)
  - b. Let us (10:23)
  - c. Let us (10:24)
  - d. Let us (10:25) #1
  - e. Let us (10:25) #2
2. The triad of faith, hope, and love is mentioned often in scripture. How does the author refer to this triad to address the needs of his hearer’s facing persecution?
  - a. Faith (10:22)
  - b. Hope (10:23)
  - c. Love (10:24)
3. What do you think may have caused these persecuted believers to give up meeting together?

**Reflect** on your own spiritual life. Take inventory of your life based on Hebrews 10:22-25. Prayerfully consider how you are drawing near to God, holding unswervingly to the hope you profess, spurring others on toward love and good deeds, and meeting together with other believers.



# DAY THREE

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

**Read** Hebrews 10:19-39.

1. In the context of 10:19-39, what sin do you think the author is talking about in 10:26? Is the focus a specific sin, or sin in general?
2. If the believers reject Christ's provision for sin, what result can they expect? (10:26-27)
3. What do the details mentioned in 10:32-34 reveal about the past experiences of the believers addressed in the book of Hebrews?
  - a. Their past circumstances
  - b. Their past attitudes
  - c. Their past faith
4. What does it mean to shrink back? (10:39)

**Reflect** on your own spiritual journey. How does remembering the "former days" help you face a current situation or quell fears about the future?

**Respond and Apply:** As you ponder the various aspects of God's character revealed in these verses, intentionally choose to obey the truths presented. Take seriously the exhortations given in this passage and act on them this week in your interactions with others.

This week the focus was on the responsibility we have as believers to live in obedience to the truth that Christ is our High Priest. Listen to this [Revelation Song](#) and worship with thankfulness.

## SMALL GROUP QUESTIONS

1. What are the three key ideas from today's sermon?
2. What gets in the way of drawing near to God according to the author? What are the barriers that prevent us from drawing near to God?
3. George mentioned that we can draw near to God with boldness because of the sacrifice of Christ. What are signs that we are living with this kind of boldness?
4. What are signs that we are living without hope? Complete this sentence. Without hope, I...
5. What does it look like to spur one another on to love and good deeds? Who are the people who have spurred you on? Who are you spurring on?
6. What are the consequences in the church body when we don't spur one another toward love and good deeds?
7. Talk about what you will do this week to:
  - a. Draw near to God.
  - b. Hold fast to the hope you have in Christ.
  - c. Urge and encourage one another to love and practice good deeds.