

# SMALL GROUP STUDY GUIDE

## BETTER PROMISES: WEEK 1

### INTRODUCTION

The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on how you experienced God this past week. Share both your ups and downs. Share as much as you are comfortable.

### HEAD

1. Why do you think the author of Hebrews compares Jesus to angels in chapter 1? What point is being made?
2. Hebrews 2:1 warns against drifting away. What do you think it means to "listen very carefully to the truth we have heard?"
3. How does Hebrews 2:14-18 describe Jesus' purpose in becoming human? What does this reveal about God's love for us?
4. Hebrews 2:17 emphasizes Jesus as our High Priest. What does this role mean, and why is it significant?

### HEART

1. In what ways do you see Jesus as supreme in your life, and in what ways do you struggle to give Him authority?
2. Hebrews 2:1 talks about the danger of drifting away spiritually. Have you experienced spiritual drift in my life? If so, what were the warning signs?
3. Hebrews 2:14-15 says that Jesus came to free us from the fear of death. Do you struggle with fear in your faith journey? How can Jesus' victory change your perspective?
4. How do you tend to respond when you hear God speaking to you?

### HANDS

Spiritual drifting is a reality for any Christian. Having someone you can share with makes drifting harder. Find someone that you can partner with. When you feel like you are being pulled away by the world, this person can serve as a sounding board and an encouragement to continue on with God. You will also serve the same role for your partner when he or she is feeling spiritually vulnerable. Take time this week to find that person in your life.

### LIVING WORDS FOR YOUR WEEK

*Hebrews 4:14-16 (NLT): "So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most."*

## BETTER PROMISES: WEEK 2

### INTRODUCTION

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### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on how you experienced God this past week. Share both your ups and downs. Share as much as you are comfortable.

### HEAD

1. According to Hebrews 3:1-6, how is Jesus compared to Moses? Why is this comparison important for the original audience?
2. What does Hebrews 3:12-13 say about the danger of a hardened heart? How does this connect to the example of the Israelites in the wilderness?
3. In Hebrews 4:1-2, the author speaks about entering God's rest. What do you think "God's rest" means in this passage?
4. Hebrews 4:6-11 warns about missing out on God's rest. What lessons can we learn from Israel's disobedience?

### HEART

1. Hebrews 3:12 warns against having an unbelieving heart. Have you ever experienced a season where you struggled with doubt? How did you respond?
2. Hebrews 4:1-11 talks about entering God's rest. Do you experience the peace and rest God offers, or are you struggling with stress, worry, or striving?
3. Hebrews 4:12 says God's Word reveals our true selves. When have you been personally convicted or encouraged by Scripture?
4. Do you truly trust that God's rest is available to you today, or do you struggle to believe His promises?

### HANDS

This week we are challenged to intentionally enter into the rest God is offering us. Take some time this week to reflect on your life and what could be getting in the way of that rest. Take an inventory of how you use your time, how your mental health is affected by your schedule. Could it be that God is asking you for a change in this area?

### LIVING WORDS FOR YOUR WEEK

*Hebrews 3:14 (NLT) "For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ."*

## BETTER PROMISES: WEEK 3

### INTRODUCTION

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### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on what you learned about Jesus as our high priest. What insights did you come away with? Share as much as you are comfortable.

### HEAD

1. Hebrews 5:11-14 speaks about spiritual maturity. What does the writer mean by "solid food" versus "milk"?
2. According to Hebrews 6:1-3, what are the "basic teachings about Christ" that believers are encouraged to move beyond? Why is this important?
3. Hebrews 6:4-6 is a challenging passage about falling away from faith. How do you understand the warning given here?
4. In Hebrews 7:23-25, how is Jesus' priesthood different from the Levitical priests? Why is it significant that Jesus lives forever to intercede for us?

### HEART

1. When I face doubt or discouragement, do I hold tightly to the hope God has given me, as described in Hebrews 6:18-19?
2. Hebrews 7:25 says Jesus lives forever to intercede for us. How does knowing that Jesus is actively praying for me affect how I approach difficult situations?
3. Is there an area in my life where I need to stop relying on "milk" and step into a deeper understanding of God's word?
4. How am I responding to God's promises in my life—do I trust Him fully, or do I struggle to believe He will come through?

### HANDS

This week we are challenged to go the extra mile in our spiritual journey. Take some time this week to reflect on your life and how you could go deeper with God. Is it time for you to graduate from milk to meat?

### LIVING WORDS FOR YOUR WEEK

*Hebrews 6:18-19 (NLT) "So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary."*

## BETTER PROMISES: WEEK 4

### INTRODUCTION

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### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on how you felt God's transforming power this week. Share even if you didn't see any obvious changes. Share as much as you are comfortable.

### HEAD

1. According to Hebrews 8:6, how is Jesus' ministry superior to the old covenant? What makes the new covenant "better"?
2. Hebrews 8:10-12 quotes a prophecy from Jeremiah about God writing His laws on hearts. How does this show the difference between the old and new covenants?
3. Hebrews 9:11-12 speaks about Jesus as the High Priest who entered the Most Holy Place once for all. How is His sacrifice different from the sacrifices made under the old system?
4. Hebrews 10:19-22 encourages us to boldly enter God's presence. What made this bold access impossible under the old covenant, and how has Jesus changed that?

### HEART

1. Hebrews 8:10 talks about God writing His laws on our hearts. Do I experience an internal desire to follow God, or am I relying on external rules to guide my faith?
2. Hebrews 9:14 says Jesus' blood will "purify our consciences." Are there areas of guilt or shame in my life that I need to surrender to Jesus' cleansing?
3. Hebrews 10:19-22 invites us to come boldly into God's presence. Do I approach God with confidence, or do I struggle with fear or hesitation? Why?
4. Jesus' once-for-all sacrifice means we don't have to keep "earning" forgiveness. Do I fully embrace this, or do I sometimes live as though I need to earn God's love?
5. Hebrews 10:25 emphasizes the importance of community. Am I fully engaged with my faith community, or have I been isolating myself?

### HANDS

This week we are challenged to open ourselves up to the transforming power of the Holy Spirit. Take some time this week to pray for the Holy Spirit to come into your heart. Make that your daily prayer.

### LIVING WORDS FOR YOUR WEEK

*Hebrews 10:23-25 (NLT) "Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."*

## BETTER PROMISES: WEEK 5

### INTRODUCTION

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### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on how strong your faith was this past week. Share both your ups and downs. Share as much as you are comfortable.

### HEAD

1. According to Hebrews 11:1: "Faith shows the reality of what we hope for; it is the evidence of things we cannot see." How does this verse define faith? What stands out to you about this definition?
2. Look at Hebrews 11:6: "And it is impossible to please God without faith." Why do you think faith is so essential to pleasing God?
3. The chapter lists many heroes of faith — like Noah (v. 7), Abraham (v. 8), and Moses (v. 24). What common thread do you see in their actions and choices?
4. Hebrews 11:39-40 talks about how these people earned a good reputation through faith, yet didn't receive all God had promised. How does this encourage us to keep trusting God even when we don't see immediate results?

### HEART

1. Reflect on Hebrews 11:1 — does my faith feel like a confident hope, or do I struggle with doubt and fear? Why?
2. Hebrews 11:6 says that faith involves believing that God exists and that He rewards those who sincerely seek Him. How am I currently seeking God, and do I trust Him to respond?
3. Thinking of the stories of faith in this chapter, is there a situation in my life where I need to step out in faith, even if I don't see the full picture yet?
4. Am I more focused on earthly rewards, or do I live with the "heavenly homeland" in mind, as described in Hebrews 11:16?
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### HANDS

This week we are challenged to intentionally focus on faith. Share with someone you trust your understanding of faith and how you are seeing it unfolding in your life. Ask this person to help you step out in faith when the time comes.

### LIVING WORDS FOR YOUR WEEK

*Hebrews 11:1 (NLT) "Faith shows the reality of what we hope for; it is the evidence of things we cannot see."*

## BETTER PROMISES: WEEK 6

### INTRODUCTION

The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

### OPEN QUESTIONS

As you gather with your group or study partner, take some time to reflect on how you experienced God's discipline in your life this past week. Share both your ups and downs. Share as much as you are comfortable.

### HEAD

1. According to Hebrews 12:1: "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up." Who are the "witnesses" referred to here, and how do they encourage us in our faith journey?
2. In Hebrews 12:5-6, the writer reminds us that God disciplines those He loves. How does this shift our perspective on the challenges we face?
3. Hebrews 12:14 commands us to "work at living in peace with everyone, and work at living a holy life." Why is peace and holiness so important for a believer?
4. The chapter ends with a powerful reminder in Hebrews 12:28-29: "Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe." What does it mean to live with an "unshakable" faith?

### HEART

1. Reflect on Hebrews 12:1 — are there any "weights" or sins in my life that are slowing down my spiritual growth? What might God be asking me to lay aside?
2. How have I responded to God's discipline in the past? Have I seen it as a sign of His love, or have I resisted it?
3. Hebrews 12:14 talks about pursuing peace and holiness. Are there any relationships in my life where I need to work toward peace or extend forgiveness?
4. Hebrews 12:15 warns about bitterness taking root. Is there any bitterness in my heart that I need to confess and surrender to God?

### HANDS

This week we are challenged to accept the discipline of God. Take some time this week to reflect on where God might be disciplining you. Ask God to give you the endurance to accept His discipline and grow through it.

### LIVING WORDS FOR YOUR WEEK

Hebrews 12:28-29 (NLT) "Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe. For our God is a devouring fire."