

“A New Heart, A New Start”

Session 6 – Hebrews 8:1-13
& Jeremiah 31:31-34

Bible Study Method:

Cross Referencing and Covenant Overview



INTRO – 3min

Read It:

Last week, we saw that Jesus is our 'Indestructible Priest' who serves as a better 'guarantor' of our relationship with God. Today, we look at the actual contract he signed on our behalf: The New Covenant. To understand where we are going in Hebrews 8, we have to look back at the anchor promise made 600 years earlier in Jeremiah 31. Today we aren't going just learn new rules; we are going to see how God fulfills His oldest promises.

As we read this passage, remember that Jeremiah wrote to the Jewish people while they were in exile because they had chosen sin and broken their covenant relationship with God.

SECTION 1 – Old Testament Anchor: The Promise

Jeremiah 31:31-34

Read it:

- Jeremiah 31:31-34

Questions:

1. God tells Jeremiah this new covenant will *"not be like"* the one their ancestors broke. If the Old Covenant was written on stone tablets, what does it mean for God to write His law on our "hearts" instead?
2. In Jeremiah 31:34, God promises that everyone will "know" Him, from the least to the greatest. Why is this "direct access" a massive worldview shift for people used to needing a priest to speak to God for them?

SECTION 2 – New Testament Fulfillment

Hebrews 8:1-6

Read It:

- Hebrews 8:1-6

Questions:

1. Hebrews 8:1 says the "main point" is that our High Priest is seated at the right hand of the throne. How does the act of "sitting down" prove that Jesus' work is superior to the old system?
2. Verse 5 describes the old religious system as a "*shadow*." While a shadow proves something real exists, you can't have a relationship with a shadow. Why is it often more "comfortable" to focus on religious rules (the shadow) than on a personal relationship with Jesus?"

SECTION 3 – Reflection (Optional 7min)

Reflect on It:

The author of Hebrews is trying to move his readers from a 'religion of shadows' to a 'relationship of substance'. He wants them to stop looking at stone tablets and start looking at their own hearts."

Pray and reflect for 2 on the question:

Where in your life do you still feel like you are following a "shadow" (doing things out of duty or routine) rather than following the "Substance" (Jesus)?

Now take two more minutes to "draw near" to God. Ask Him to show you one area where you are trusting your "performance" more than His "promise."

SECTION 4 – The “I Will” Covenant

Hebrews 8:7-13

Read It:

- Hebrews 8:7-13

Questions:

- 1. Consider Hebrews 8:10-13. If we were marking this text with the inductive Bible Study method like we did in our last session, how many marks would there be for the phrase "I will"? Verbally, create a list as a group.**
- 2. It's important to realize that Jeremiah originally spoke these 'I will' promises to a people who had lost everything . . . their homes, their temple, and their dignity. They were in exile because they failed. By quoting this here, the author of Hebrews is reminding these weary Christians that God didn't wait for His people to get it right to make this promise; His grace isn't dependent on us "getting it right." The author wanted the Hebrews to recognize that God saw them in their struggle too. **God's "I will" is most powerful when our "I can't" is most obvious.****
- 3. In the Old Covenant, the focus was on "You shall." How does the density of God's "I will" statements change the way you view your spiritual security?**
- 4. Hebrews 8:12 is the ultimate "better promise": "I will remember their sins no more." If God has divine amnesia regarding your past, why is it so dangerous for you to keep bringing those sins back up?**

DO IT: 5min

Choose an option to practice this week.

The "I Will" Memo: Choose one of the "I will" statements from verses 10–12. Write it on a post-it or set it as a phone reminder to combat any feelings of "not being enough" this week.

Shadow Audit: Identify one religious ritual you do. This week, try to do it while consciously focusing on the Person of Jesus rather than just the task.

PRAY IT: 2min

Prayer:

Lord Jesus, thank You for being the substance and not just a shadow. Thank You that our relationship with You is based on Your "I will" and not our "I must." Help us to live this week with the freedom of knowing our sins are remembered no more. Amen.

Covenant Comparison Chart

	The Old Covenant (Shadow)	The New Covenant (Substance)
Location	Written on stone tablets (The 10 Commandments)	Written on minds and hearts
Focus	"You Shall" Dependent on human performance	"I Will" Dependent on God's promise and initiative
Motivation	External Pressure: Fear, punishment, and rules	Internal Desire: Love for God and a new nature
Access to God	Indirect; required human priests as middlemen	Direct; all believers can "know" the Father personally
Reliability	Broken by people who were unfaithful	Kept by God , who is the "Guarantor"