



"REASONS TO REJOICE"

"Your Words were found, and I ate them, and Your Word was to me the joy and rejoicing of my heart." Jeremiah 15:16

HEBREWS Lesson 10

In our lesson this week, the writer seeks to give his readers even more Scriptural proof that Jesus was the ultimate sacrifice. He confirms and reiterates the truths that he has presented to us, as well as presenting some additional proofs. Chapter 10 is a pivotal chapter. Basically, the book of Hebrews can be broken down into two sections. Hebrews chapter 1 through 10:18 is the dogmatic, or theology, section, and 10:19 through 13:25 is the practical section. Section 1 is packed full of teaching, adding just a few exhortations, while section 2 emphasizes exhortation with a small amount of teaching.

The theme of our chapter is that Jesus is the "better" sacrifice. Chapter 10 has been given a variety of titles, such as "Jesus, The Ultimate Sacrifice," "Enduring Effectiveness," "Let Us Go On!", and "The Only True Sacrifice." As you read through the chapter, ask the Holy Spirit to give you a creative title that would not only reflect the main point, but help you remember it as well. Make sure you begin with prayer, asking the Holy Spirit to give you the ability to understand the text and the wisdom to know how to apply it.

First Day

1. Begin by reading Hebrews 10:1-39. Since it's broken up into two sections, let's look at them separately. Reread verses 1-18 and observe the text. Write the facts you find.
2. Are there any repeated words, phrases, or thoughts?

3. What is the main point of this section?
4. Read Hebrews 10:19-39. Observe and write the facts you find in this section.
5. Are there any repeated words, thoughts, or phrases?
6. What's the writer's main point?
7. List the "let us" phrases and what they are exhorting the reader to do.
8. List any "contrasts" or "comparisons" you find in this chapter.
9. What immediate application do you find for yourself in this chapter?

"Let us" end here for today. (☺) I pray that you are willing to take heed to the various exhortations that we will be hearing this week. May we always be willing to not only hear the Words of God, but obey the Words of God!

Memory Verse of the Week: "Let us hold fast the confession of our hope without wavering, for He who promised is faithful." Hebrews 10:23

Second Day

Work on your memory verse. Are you holding on to hope?

1. Read Hebrews 10:1-18. Focus on verses 1-4. The author builds on a few thoughts he has already presented. Do you remember what those are?
2. How is the law only a "shadow" of the good things to come? What does he mean?

When used as a noun, the word "shadow" means "the dim representation of the real thing." The law was a shadow indicating that Christ was soon to appear. The sacrificial system was temporary, unable to accomplish anything permanent.

3. According to these verses, what makes Jesus the "better sacrifice"?
4. How does the repetition of the animal sacrifices reveal the system's weakness?

For many of the Jews, the ritual of offering sacrifices to God became a mechanical deed or an empty ritual. (Not all, but many) Animal sacrifices were substitutes, used to cover sins, rather than cleanse the sinner. The animals that were offered were unwilling and inadequate substitutes for humans made in the image of God. Bottom line, though, was that God's approved way to deal with sin in one's life was that a life be laid down. Every dying animal meant a life brought to an end. Sin was serious. Unless the sin could be removed, the sinner must die. To save the sinner from death, a substitute must be found. Jesus became that substitute.

Kistemaker wrote, "Although God had instituted these practices so that man would not have to offer his own life, they were only substitutes. The writers of the Old Testament Scriptures voice God's dissatisfaction with the sacrificial system. They write that the significance of a sacrifice to God ought to be found

not in the animal that was offered but in the worshipper's heart that was broken and contrite (1 Samuel 15:22; Psalm 40:6; 50:8-10; 51: 16-17; Isaiah 1:10-12; Jeremiah 7:21-23; Hosea 6:6; Amos 5:21-23)."

God isn't satisfied with a sacrifice that comes to Him without a broken and contrite heart. He simply wants trust and obedience to His will.

5. Read Hebrews 10:5-10. The writer uses a quote from Psalm 40:6-8 to describe the substitute. The words are directly ascribed to Jesus, referring to His birth. Was He a willing or unwilling sacrifice?

The writer uses this Davidic quote, but it becomes Messianic in this context. In verses 8-10, he gives a brief commentary on verses 5-8, explaining the quote and why he used it. God was not pleased by "offerings and sacrifices" alone, but desired genuine, devoted service. He desired obedience then, and He desires obedience now.

6. Read 1 Samuel 15:22. What delights the Lord? Also, read Romans 12:1-2. According to Hebrews 11:4, what made Abel's sacrifice better than Cain's?
7. How many times is the word "will" used in this chapter? Why is this so significant?

Christ was deliberate in following the will of the Father. Even though He knew the pain and suffering that He would endure, He still chose to obey. The will of God was central in Christ's life, so the writer tries to exhort His readers to make that same commitment. What really pleases God? Unfaltering trust and obedience from His kids.

8. Let's stop and ask ourselves the obvious question. Are we deliberate and passionate about doing God's will? What about when we know there will be pain or suffering involved? What if it would be the "unpopular" choice?
9. According to verse 10, it's by His will that we are sanctified, or "made holy," through the offering of Christ's body. What do you think he means?

The word holy means "set apart." We have been "set apart" from this world of sin. Used as a verb in this context, "have been" means "at any given moment, someone acted on our behalf to sanctify us, and we have become pure." We know that "someone" is Jesus Christ. This is the only place in this book where the writer mentions the "bodily" sacrifice of Jesus. Many think it's used here to emphasize the reality of His physical death, reminding the readers that Jesus physically came to do God's will, offering His body as a sacrifice.

10. How does this section relate to us, personally? We don't sacrifice animals anymore, but how can we still be guilty of bringing gifts or offerings that aren't pleasing to Him? Are you ever guilty of this?

11. Is there a decision in your life that needs to be made? Are you trying to figure out how to handle a specific situation? How much time have you spent seeking the Lord's heart, counsel, and will? Have you been paying more attention to the "pros and cons" list than what the Word of God has to say? Take the time to ask the Lord for His direction and guidance. He will never lead you astray!

That's all for today. May we follow in Christ's footsteps and deliberately choose to follow God's will. See you tomorrow, ladies!

Third Day

Work on your memory verse.

1. Read Hebrews 10:11-18. What is the main point?

2. Read verses 11 and 12 again and write a contrast/comparison between the two.

3. Go back and read Hebrews 9:1-5. Was there a chair in the tabernacle? Why is that significant?
4. Jesus "sat" down. Why is that significant?
5. The writer quotes Psalm 110:1. According to verses 13-14, what was He waiting for? What does that mean? (Read 1 Corinthians 15:26 for help.)

Jesus finished His redemptive work and abolished the Levitical priesthood. His sacrifice broke the power of sin. Christ entered Heaven and took the seat of honor, next to the Father. Again, He is the priest that fulfilled His mission to remove sin and the King who conquered sin and death.

Kistemaker wrote, "Since the time of His ascension, Christ has been 'waiting for the moment when His enemies will be made His footstool.' He waits for the appropriate time, much the same as a farmer waits for the land to yield its produce in harvest season (James 5:7; also see Heb. 11:10). His enemies are all those who oppose Christ's dominion, authority, and power. 'The last enemy to be destroyed is death.' (1 Cor. 15:26). Christ waits for the final destruction of His enemies."

6. Have you ever wondered what it's like for Christ to know the suffering His children face and the evil in the world, while He "waits" for the appointed time?
7. Read Romans 8:31-39. Do we have to fear death? Why or why not?
8. Somehow it brings me comfort to know that Christ is waiting for the "appointed time." I like the fact that someone is in control of what's happening in this world. It's no coincidence or "happenstance." There will be things that happen in my life "at the appointed time"; no sooner or no later. What are your thoughts about this? Does it bring you comfort?

9. What word in verse 14 tells us that sanctification is a "process"?
10. The writer quotes Jeremiah 31:33-34 in verses 16-18. According to verse 15, who does the writer attribute these words to?

The writer quotes from Jeremiah to help them understand that the new covenant has begun. Under God's new covenant, He puts His laws in their hearts and writes them on their minds. Stedman says, "Verse 16 highlights the new understanding of morality which regeneration brings" (1 John 5:20).

11. What does the writer remind them of in verse 17? And because of that truth, what conclusion does he come to in verse 18?

The believers in the Old Testament understood God's forgiveness and grace, but the new thought brought out in verse 17 is that He remembers their sins no more. Through the sacrifice of Christ, God will forgive the believer's sins, and will never recall them.

B. F. Westcott lists three consequences of sin: "debt which requires forgiveness, bondage which requires redemption, alienation which requires reconciliation." When we are set free from the slavery of sin, we can receive the gift of eternal life. (John 17:3)

12. Which part of this section specifically ministers or speaks to you? Maybe that Christ's work is finished? Maybe that He has an appointed time? Maybe that He doesn't recall your sins? Maybe that He has conquered death? Think about it. Those are all amazing truths!

See you tomorrow, beautiful ladies. Remember that we are more than conquerors through Him who loved us!

Fourth Day

Spend some time meditating on your memory verse. How is it speaking to you?

1. Read Hebrews 10:19-25. What would you title this section? What is the "therefore"?
2. The writer seems to do a quick review before he moves on. What two things do we "have," according to verses 19-21?
3. Because of what we "have," what three things are we exhorted to do, according to verses 21-25?
4. Besides coming to His throne with confidence, what else must we have?

In Old Testament days, the people had to be washed and cleansed before they "met with God." They had to prepare themselves. We, too, are called to prepare ourselves. A true and sincere heart describes a person who is honest, genuine, without guile or deceit. They are dependable and committed. When our hearts are sincere, our faith is "evident in full assurance." Doubt or insincerity keeps us from approaching God. "Doubt insults, whereas faith exalts." (Kistemaker) Our hearts are sprinkled with the blood of Christ to cleanse our guilty conscience. The ability to "draw near" to God is a privilege that every believer has.

5. How do you prepare yourself before you "draw near" to God? Do you ask the Holy Spirit to search your heart and reveal any sin so you can ask for forgiveness? Or do you skip that step? Why do you think we need to "prepare" ourselves?
6. Do you see the triad of faith, hope, and love in this section? How do they relate to each other?

7. According to verse 23, what do we have hope in? What specific promise do you think the writer is talking about?
8. Our third exhortation is found in verse 24. We are told to "consider" one another. What does that mean? What does Matthew 22:37-39 and Romans 13:8-10 say about that?
9. Are you a selfish person? Do you generally "consider" yourself or others? (Why is it hard to "stir up love and good works" if you are thinking about yourself?)
10. It appears that some of the believers he was writing to were not diligently attending worship services. Why, do you think, does the writer put this under the category of "considering one another"?
11. Does the writer focus on what the believer "gets" or "gives" in the worship service? Why? How can attending stir up good works? (Is it simply attending or is it more than that?)

Corporate worship is vital to a believer. Kistemaker writes, "One of the first indications of a lack of love toward God and our neighbor is for a Christian to stay away from the worship services. He forsakes the communal obligations of attending these meetings and displays the symptoms of selfishness and self-centeredness." Stedman wrote, "Corporate worship is not an option for the Christian; it's a necessity." Wiersbe writes, "Fellowship with God must never become selfish. We must also fellowship with other Christians in the local

assembly. Faithfulness in church attendance encourages others and provokes them to love and good works." I read this interesting quote, "When a believer attends a worship service, he expresses his love for Jesus. He realizes that Jesus, the head of the church, is present at the service and desires his presence. To say it somewhat differently, the head of the church cannot function without the body. The believer is part of the body of Christ, which Christ presents 'to Himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.'" (Ephesians 5:27)

12. What are your thoughts on the paragraph above?

13. Are you faithful in church fellowship or are you more of a "hit-and-miss" kind of girl? What should you do about it?

14. According to verse 25, what is our motivation to "stir" each other up?

Let's end here for today. Great exhortations, aren't they? Faith, hope, and love. It always seems to boil down to those three words, doesn't it?

Fifth Day

Write your verse by memory.

1. Read Hebrews 10:1-39. Focus on verses 26-31, where the writer gives us another warning. What is the warning, and how is it the opposite of the exhortation given in 10:19-25?

Sinning willfully or deliberately is the key in this section. There is a definite distinction between committing sins intentionally and unintentionally. He's not talking about the believer who falls or stumbles into sin suddenly and then finds forgiveness in God's mercy and grace. "It's not the falterings of a new Christian

still learning to walk in the Spirit. He's talking about those who know the truth but have turned against God and deliberately reject Christ and what He did on the cross. It's choosing to live for self behind a Christian veneer and refusing to be delivered from sin's reign by the past sacrifice and present high priest ministry of Jesus. It is not continual sinning from ignorance as many church members manifest, but occurs after full enlightenment." (Stedman) There is no more sacrifice left for their sins. The writer knew that the greater the knowledge, the greater the sin. If under the Old La, apostasy was bad, it had to be even worse now that Christ had come.

2. If there is no more "sacrifice of sin" left for them, what would happen to them?

The word "fearful" is found only three times in the New Testament, and all are found in the book of Hebrews. It's translated "dreadful, fearful, and terrifying." All three times it's used are in reference to meeting God. Although the writer believes he ought to proclaim the good news of the Gospel -- including the call to repentance, the assurance of forgiveness, and the profound message of reconciliation between God and man -- he would be remiss if he didn't warn the people of the consequences of turning away from the living God. One of the themes repeated in the book of Hebrews is the warning of drifting away and turning back.

Only God can see into the hearts of people and know where they stand. "God is not a power to trifle with, for He can do what we cannot do, namely, read hearts. He can be ruthless if it is necessary to waken those sinners to the evil results they are embracing. That ruthlessness is a hidden blessing when the heart is unaware that it is ignoring the death of Jesus as the only adequate sacrifice for sin. Behind His severity is mercy towards those destroying themselves in unbelief. God lovingly seeks to waken them to what they are doing before they reach that stage of heart-hardening which deliberately rejects Christ. Beyond that point lies the unpardonable sin." (Stedman)

3. In verse 29, the writer points out that those who reject God reject three things. What phrases does he use to illustrate that?

- a. The person of Christ:
- b. The work of Christ:
- c. The person of the Holy Spirit:

4. In verses 32-34, the writer now changes his focus to praise. He does not expect them to be in the category he was just talking about. What does he commend them for?

His readers had once been willing to suffer, having a great confidence and hope. But they were in danger of turning back to their old religion. He now reminds them in verses 35-39 that their actions had shown true faith and urges them to keep persevering to the end. Troubled times calls for a renewed confidence, which is what the writer is hoping to stir up in them.

5. Read 10:35-39. The writer quotes from Habakkuk 2:3-4 to remind them of Christ's return. How should this motivate them to endure till the end?

The word "faith" in verse 38 brings us back to the theme of Hebrews. The term "by faith" is used often. We are not only saved from our sin by faith, we are also called to "live by faith." We'll discuss this more in the next few chapters.

6. Read verse 39. How does he contrast "them" and "us"?
7. Write your thoughts on this chapter. How has it encouraged you? Scared you? Shocked you? Challenged you?

Are you in a place right now where you are willingly living in some kind of sin? Have you chosen to turn from Him, while hiding behind some type of Christian veneer? I pray this chapter is a wake-up call to you. I also pray that this chapter serves as a reminder to all of us about the seriousness of sin. We are called to live and walk by faith, and our life should reflect that. I pray we will always strive to draw near to God with a "true heart" and stay clear of the temptation of sin.

