

EXODUS
Women's
BIBLE
STUDY



JESUS IS...SO LET US...

A STUDY OF HEBREWS 1-7

Exodus Women's Bible Study
Jesus Is...So Let Us... (A Study of Hebrews 1-7)
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STUDY SCHEDULE

WEEK 1: Jesus is Worth It
Hebrews 1:1-3

WEEK 2: Jesus is Superior
Hebrews 1:1—2:4

WEEK 3: Jesus is Fully Man
Hebrews 2:5-18

WEEK 4: Jesus is Worthy of More Glory than Moses
Hebrews 3:1-19

WEEK 5: Jesus is Our Access to Rest
Hebrews 4:1—5:10

WEEK 6: Jesus is a Sure and Steadfast Anchor
Hebrews 5:11—6:20

WEEK 7: Jesus is a Better Hope
Hebrews 7:1-28

JESUS IS... SO LET US...

A STUDY OF HEBREWS 1–7

Jesus is... That's not an easy statement to complete because there aren't adequate words in any language to sufficiently describe Jesus. But the writer of Hebrews tries because he knows recognition prompts response. He writes to believers of every generation who are seeing a lot of the world and a little bit of Jesus, and consequently are drifting away or drawing back from Him. "See Jesus!" he urges us, "See that **Jesus is...** supreme over every problem and superior to every solution. See that **Jesus is...** the anchor that keeps us from drifting away. Then, prompted by that recognition of who Jesus is, **let us...** draw near and hold fast to that anchor with endurance and a persevering faith."

Our prayer for this study of Hebrews is that we see Jesus as He really is, (not who we think He is or want Him to be), and that our right recognition of Him will prompt us to obey the "let us" exhortations to follow Him with perseverance. **Jesus is...** worth every bit of time and energy we invest in studying this marvelous book. **So let us...** draw near, dig in, and see Jesus!

There are so many more treasures to be mined from the book of Hebrews. As a continuation of this study, be sure to join Exodus Women for "Jesus Is...So Let Us..." A Study of Hebrews 8–13.

MEMORY PASSAGE

Now in putting everything in subjection to him, he left nothing outside his control. At present, we do not yet see everything in subjection to him. But we see him who for a little while was made lower than the angels, namely Jesus, crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone. For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering.

HEBREWS 2:8B-10 (ESV)

HOW TO USE THIS GUIDE

WEEK 1

At our first meeting we will be introduced to this study, our teachers, and each other. We will spend time in discussion groups getting to know one another and exploring questions that can help us get to know the purpose of the book of Hebrews. If you're doing the study on your own, you can listen to the Exodus Women podcast or watch the YouTube video posted on the Exodus channel and follow along with the directions.

WEEKS 2-7

Each week we'll have 5 days of reading and questions to do on our own. The first two days will have the same questions each week and will help us gain an overall feel for the entire passage. Days 3-5 will divide the larger passage into smaller portions and provide passage specific questions that can help us dig deeper. Each day's questions will provide opportunities for comprehension (what does it say), interpretation (what does it mean) and application (how is God calling me to respond).

GET COMFORTABLE WITH BEING UNCOMFORTABLE

Bible study can be challenging, and a Bible study of the book of Hebrews can be especially challenging! We might not be able to answer every question; we might even finish reading and have more questions than when we started! That's ok. As we "get comfortable with being uncomfortable" the questions we can't answer will prod us to dig deeper, think harder, and pray more. Instead of avoiding the discomfort of not understanding a passage, we can lean into it as an opportunity to explore and grow. **The purpose of our study isn't to get the right answer, but to see Jesus so we trust and love Him more deeply and are transformed to be like Him.**

SHARE THE GOODNESS

At each meeting we'll spend most of our time in small group discussion. This is where some of our best learning happens. **Please come regardless of whether you answered all, some, or none of the study guide questions.** No one will be checking your homework! Your very presence is a gift to the others in the group, so come, ask questions, express concerns, share your aha moments, and enjoy feasting on God's Word with His children!

If you're doing the study on your own, we encourage you to find someone who can study and discuss the questions with you. Studying Scripture with others provides opportunities to see the multi-faceted beauty of God's Word that might not occur on your own.

MEMORY CHALLENGE

We encourage everyone to memorize all or a portion of Hebrews 2:8b-10 (on page 7) by Week 7 of our study. If you're part of a discussion group, you'll have a chance to practice this before discussing the study questions each week. Do your best and don't be discouraged if you can't get it all. The point isn't to say every word perfectly, but to spend time meditating on God's Word. As you read, practice, and recite, He will use it in your heart.

The Exodus Women podcast is available on the Women's Bible Study Resources webpage at theexoduschurch.org/WBS

You can also follow Exodus Women on IG or FB for more encouragement related to our study and information about other opportunities: [@exoduswomen](https://www.instagram.com/exoduswomen)

BIBLE STUDY RESOURCES

PRAYER

Your greatest resource in studying the Bible is asking the Lord to open your mind to understand the Scriptures (Luke 24:45). Pray before you begin your study, and continue praying as you study, talking over what you're questioning and discovering with the Lord. A wrap up activity at the end of each week will provide you an opportunity to conclude your week's study with a written prayer.

SCRIPTURE

The best commentary on the Bible is the Bible, so:

- Read the Bible! Read the passage several times in different translations. Listen to it with an audio version. Literal word-for-word translations like the ESV and CSB are best for in-depth study while paraphrases such as The Message or New Living Translation can help you see the flow.
- When a Bible writer quotes a passage or references an event from the Old Testament, go back and read that original passage.
- When a Bible writer makes a confusing or concerning statement, read cross-references to gain the full counsel of Scripture on an issue. (Cross-references are the little Scripture references often provided in the margins or bottoms of each page.)

WORDS

- As you read a passage, note repeated words. This will give insight into the emphasis of that passage.
- Note transition words such as “Therefore,” and “Since then.” These will help you put the passage into context and draw the conclusions the Bible writer intended.

- Pay attention to indicatives – truths about God – and imperatives – what God commands. Keep in mind the indicative always empowers the imperative.
- You may want to use a system of colored highlighters to indicate repeated words, transition words, indicatives and imperatives.
- Looking up definitions of words (even words you think you know the meaning of) can give you deeper insight or even a different perspective on a passage.

CONTEXT

Context is the setting of the Bible passage and is crucial to correctly understanding and applying each passage. Each week a “Put It Into Context” page and the Day 2 questions will guide us to examine the historical and cultural context of the book of Hebrews. We also want to put verses in context to the chapters around them and the Bible as a whole. When we take parts of the Bible out of context, we miss a lot and can sometimes completely misunderstand and misapply those verses.

BIBLE STUDY TOOLS

Reliable Study Bibles such as the ESV Study Bible

BlueLetterBible (website and app) provides numerous resources including definitions of words in the original language, cross-references, and commentaries

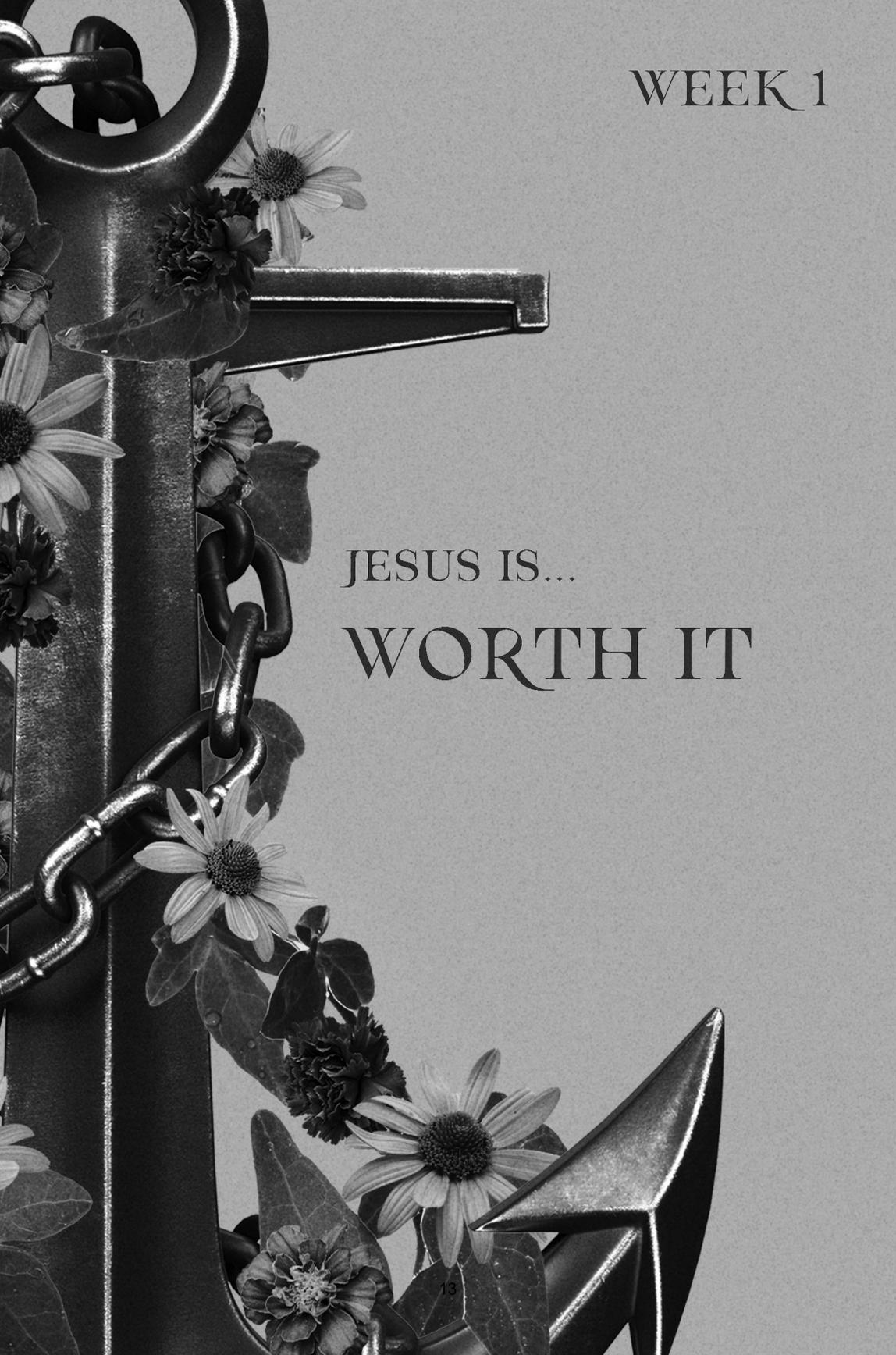
Step Bible (website and app) is helpful in defining words

YouBible and BibleGateway (website and app) have numerous Bible versions

TheBibleProject (website and app) has many helpful videos and articles

Your teachers have created a Tools video, explaining how to use some of these resources. You can find this on the Exodus YouTube channel or by going to the Women’s Bible Study Resources webpage at theexoduschurch.org/WBS

ADDITIONAL NOTES



WEEK 1

JESUS IS...

WORTH IT

WEEK 1

Discuss the following questions with your group. If you're studying on your own, first watch/listen to the Week 1 video/podcast until you hear the instructions to discuss these questions. Pause, work through the questions, then listen to the remainder of the video/podcast.

PUT IT INTO CONTEXT

Hebrews is regarded as more of a written sermon than a letter because it is quite different from the other New Testament epistles; it has no opening greeting and does not identify the audience or author. However, we can gain some important contextual information from reading the book. We can know from its title, "To the Hebrews" that the original audience were Jewish Christians. We can know the author was most likely male (from the use of masculine participles in the letter), he was a 2nd-generation Christian who learned the gospel from those who received it directly from Jesus (Heb. 2:3), he had a relationship with the people he was writing to (Heb. 13:19), and he knew Timothy (Heb. 13:23). The many references to the temple and sacrificial system indicate Hebrews was written before the temple was destroyed in 70 A.D., quite possibly in the mid-60s when Nero's persecution of Christians was really heating up.

1. What can we know or infer about the original recipients of the book of Hebrews from the following passages?

Hebrews 3:12-14

Hebrews 5:11-14

WEEK 1

Hebrews 10:25

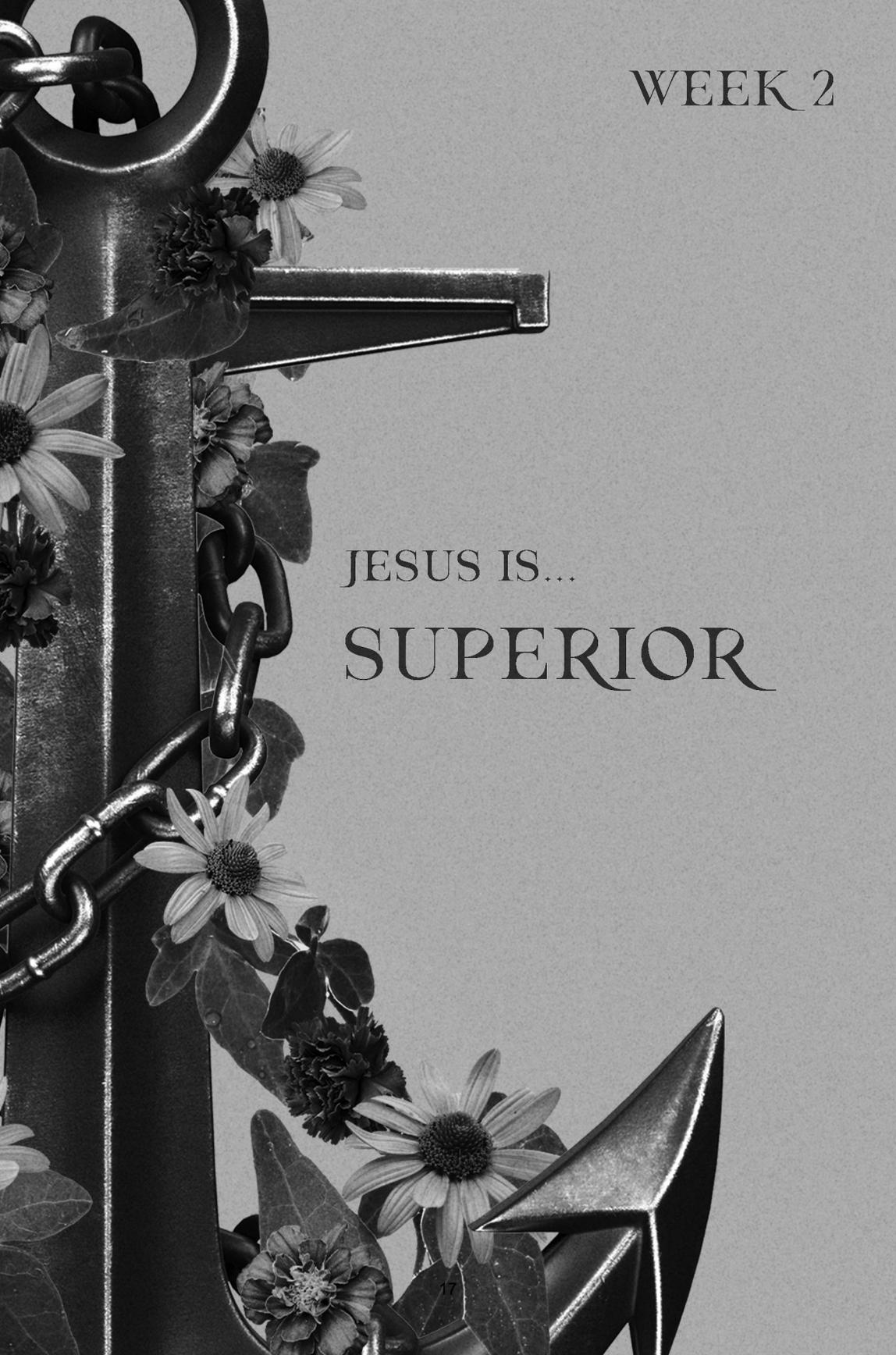
Hebrews 10:32-36

2. Read Hebrews 1:1-3. What seems to be the main topic of Hebrews? Use one or two adjectives to sum up what the writer is saying about Jesus.

3. Why did the letter's original recipients need to see Jesus in this way?

4. If you wanted to encourage someone to remain faithful to Jesus in suffering, or to warn people who were drifting away from Jesus, what would you want them to see about Jesus? How might you do that?

WEEK 1 ADDITIONAL NOTES



WEEK 2

JESUS IS...

SUPERIOR

WEEK 2: DAY 1

Read Hebrews 1:1-2:4

1. Highlight or list repeated words and any form of the word “better/superior.” (Consider keeping a running list of the “Jesus is better/superior” statements in the front cover of this study guide.) Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 2: DAY 2

Read Hebrews 1:1–2:4 again, perhaps in another translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

Jewish believers were in danger of compromising what they already knew about Jesus, that He was the Messiah. They feared government and cultural persecution as well as ostracism from other Jews. They did not desire to outright deny Christ, but if they could escape ridicule by claiming He was just a prophet, a wise teacher, or even an angel, their lives might seem more comfortable or easy.

In the Old Testament, the nation of Israel was led by three distinct types of people: prophets, priests, and kings. No man could hold more than one of these titles. The role of a prophet was to speak the word of God and serve as His ambassador in accordance with the divine inspiration and authority of God. Occasionally prophets were given the power to perform signs, wonders, or miracles to validate their authenticity. The role of a priest was to offer sacrifices required by the law for the forgiveness of sins. Priests served as a temporary mediator between God and His people. We are most familiar with the role of king. It was a position of complete authority over others, with the hope and expectation that the king would rule in the interest of his people. The author of Hebrews is reminding his readers that Jesus is the superior prophet, the superior priest, and the superior king. He perfectly exemplifies all three roles.

The author also methodically compiles a list of Old Testament texts that powerfully demonstrate Jesus' superiority to angels. It is just as important for us, as it was for the original readers, to have a true biblical understanding of the purpose, nature, and role of angels. Like the original audience, we cannot lean into popular cultural influences for theology or doctrine. We must remember that angels are created by God with distinct privileges and extraordinary power, but they are not divine. Angels worship God, serve as divine message bearers, minister to believers, and will assist in God's final judgment.

From the beginning, God has spoken to His people, yet Jesus, "the Word made flesh," is the final and definitive word. The climax of God's loving communication to humanity is Jesus' message of salvation, a new covenant made possible through His death and resurrection. It is for this reason that the author of Hebrews pleads with his audience not to drift from the truth; not to compromise what they know about the person and work of Jesus Christ!

WEEK 2: DAY 3

Now zoom in and read Hebrews 1:1-3

1. The author points out that God spoke to His people "at many times and in many ways." Try to recall some examples of God speaking to His people in the Old Testament.
2. How do those ways compare or contrast with how God has spoken through Jesus?
3. How was God's message to His people under the old covenant lacking? How does Jesus complete and fulfill the revelation of God?
4. Read John 1:1-3. Recount what additional insight this text reveals about Jesus. How does our understanding of creation affect our understanding of redemption?
5. Knowing that God has always spoken to His people, what can you infer about His relationship with His people or His character?
6. How does this passage distinguish the difference between the person of Christ (His nature) and the work of Christ (His responsibility and role)? How do these things affect your relationship with Him?

WEEK 2: DAY 4

Now focus on Hebrews 1:4-14

1. The author of Hebrews quotes seven different Old Testament passages. Choose one or two to study further. Use a Bible that includes cross references or a Bible study app to identify where the original text is stated in the Old Testament. What are you able to learn from reading it in context?
2. In what ways is Jesus superior to angels? How does this text describe the relationship between angels and Jesus?
3. According to this passage, what roles or responsibilities are given to angels?
4. How does our culture misrepresent or misunderstand the purpose, role, and existence of angels? Why does having an accurate view of angels matter?
5. Look back at all of Hebrews chapter 1 and ask, "Are there ways I have distorted the gospel or the image of Jesus to forego conflict or to be accepted in our culture?" Like the Hebrews, this might not be an outright denial; however, evaluate if you have made compromises with any biblical truths. Describe briefly.

WEEK 2 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 1:1–2:4 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

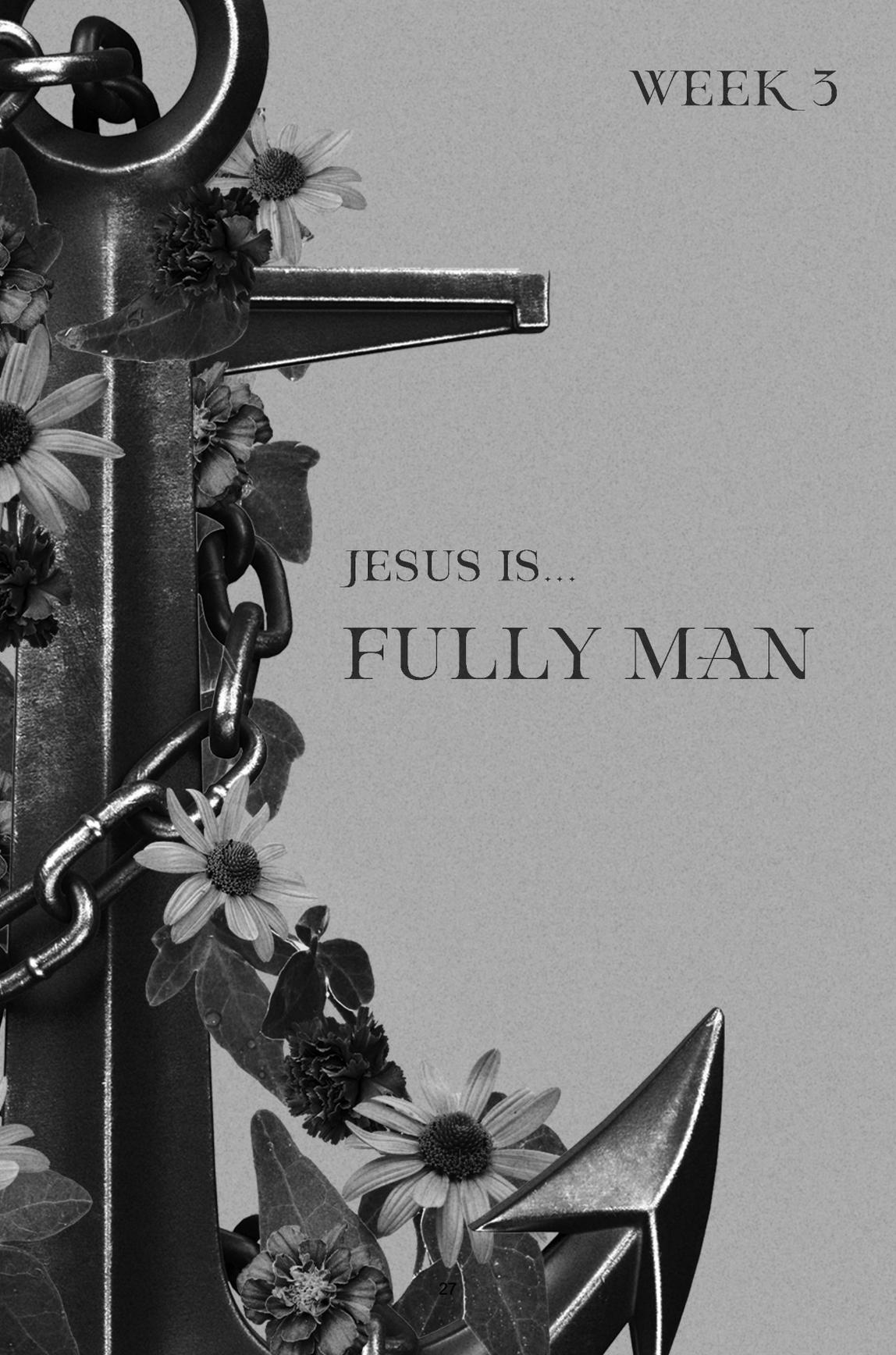
Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 2 ADDITIONAL NOTES

WEEK 2 ADDITIONAL NOTES



WEEK 3

JESUS IS...

FULLY MAN

WEEK 3: DAY 1

Read Hebrews 2:5-18

1. Highlight or list repeated words and any form of the word “better/superior.” (Consider keeping a running list of the “Jesus is better/superior” statements in the front cover of this study guide.) Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 3: DAY 2

Read Hebrews 2:5-18 again, perhaps in another translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

In the first chapter of Hebrews the writer establishes that Jesus is fully God and superior to angels. In Hebrews 2 he continues the argument of Jesus' superiority over angels by affirming that Jesus is fully Man. He quotes Jewish Scripture to prove Jesus didn't just seem to be a man (which is a heretical claim), but really was flesh and blood. To follow the writer's argument, we need to understand how Jewish believers would have comprehended Old Testament quotations. First, when a verse was quoted, they knew the writer was referring to its entire context/chapter. Second, they understood Old Testament Scriptures had both an immediate meaning (a specific person and time) and an ultimate meaning in Jesus.

Hebrews 2:6-8 quotes from Psalm 8, which celebrates how God gave humanity dominion over all creation. Sadly, sin entered the picture and humanity was no longer able to fulfill God's original intention. Until Jesus! As the ideal Man, Jesus perfectly exercises dominion over God's creation and will restore fallen humanity to God's original intention of dominion and glory. How encouraging for fearful, powerless, persecuted Christians to recognize everything was subject to their Lord and ultimately would be in subjection to them in the world to come.

Next the writer uses two Old Testament Messianic passages to emphasize Jesus' humanity and its significance to believers. When the original audience read Psalm 22:22 in Hebrews 2:12, they knew the verses before it are a lament of great suffering and the verses that come after are praises of vindication and victory. What an encouragement to persecuted Christians to recall that following Jesus through the suffering means following Him to victory and honor.

The last two quotations from Isaiah 8:17-18 may seem obscure to us, but not to the original readers who were familiar with the context of these verses. Even though the prophet Isaiah suffered greatly because the message God gave him was not well-received, he depended on God and trusted Him to act when the time was right. Isaiah's two sons, whose names mean "a remnant will return" (7:3) and "the spoil speeds, the prey hastens" (8:1), were divinely given signs that God would remove Israel's oppressors and restore a remnant of His people. So what does that have to do with why believers need to recognize Jesus as fully Man? First, a challenge: As a Man, Jesus fully depended on and trusted God in everything, including suffering. Should His followers do any less? Second, an encouragement: As fully Man, Jesus is standing with His suffering church, assuring them they will come through this because they have a certain and glorious future.

WEEK 3: DAY 3

Now focus on Hebrews 2:5-10

1. What reasons do these verses give for why Jesus, who for a little while was made lower than the angels, is superior to angels?

2. Read Psalm 8. What does this psalm celebrate? What thoughts does it cause you to recognize about yourself and about Jesus?

3. Compare Hebrews 2:5-10 with Philippians 2:5-11. What path do you see Jesus taking in both passages?

4. How could a perfect Jesus be made perfect through suffering? What are the implications of that for believers?

5. What are areas of your life that you may at times regard and manage as being outside of Jesus' control? What did you see about Jesus in these verses that could compel you to trust and surrender all control to Him?

WEEK 3: DAY 4

Now look at Hebrews 2:11-13

1. Identify family terms used in this passage. What is the significance of those family terms?

2. Read all of Psalm 22. Why might the writer of Hebrews have chosen to quote a portion of this psalm? How does it emphasize a similar path as Hebrews 2:5-10 and Philippians 2:5-11 (Day 3, #3)?

3. Read Isaiah 8:11-18. How do you see Jesus in this passage? How does the writer of Hebrews use quotations from Isaiah 8 to emphasize the intimate family relationship Jesus has with His people? (This is a tough one, be assured it will get teaching time!)

4. Does recognizing Jesus as our Brother take away or add to His superiority? Explain. How can believers see Jesus as our Brother and still worship and honor Him as our Lord?

5. How do you respond to the truth that, if you are a follower of Christ, Jesus is not ashamed to call you His sister?

WEEK 3: DAY 5

Now read Hebrews 2:14-18

1. Note any transition words. How do those help you understand the flow and emphasis of this entire passage (what is the “therefore” there for)?

2. What does it mean that Jesus was made human “in every respect” and that He “partook of the same things”? What does it NOT mean (hint: see Heb. 4:15)?

3. According to this passage, why, in God’s plan, did Jesus have to be made flesh and blood?

4. Identify some things that keep people enslaved. How can recognizing Jesus’ humanity give you encouragement and help when you are tempted, troubled, or enslaved by these things?

WEEK 3 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 2:5-18 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

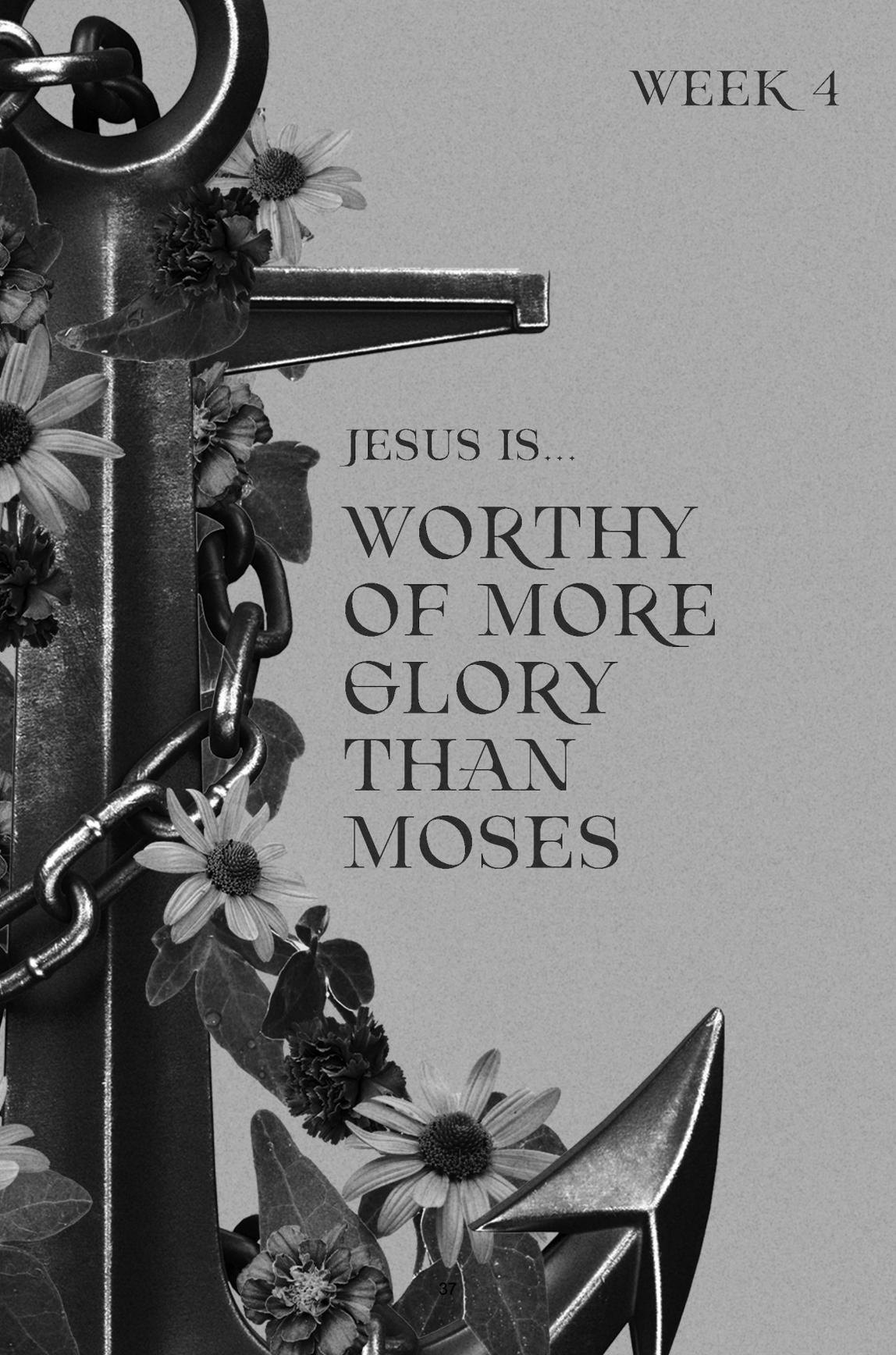
Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 3 ADDITIONAL NOTES

WEEK 3 ADDITIONAL NOTES



WEEK 4

JESUS IS...

WORTHY
OF MORE
GLORY
THAN
MOSES

WEEK 4: DAY 1

Read Hebrews 3:1-19

1. Highlight or list repeated words and any form of the word “better/superior.” (Consider keeping a running list of the “Jesus is better/superior” statements in the front cover of this study guide.) Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 4: DAY 2

Read Hebrews 3:1-19 again, perhaps in another translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

It is vital to understand the enormous reverence the Jews had for Moses. He was the greatest Hebrew, the greatest man in the history of Israel. Moses was divinely protected after his birth and placed in the Egyptian royal family to prepare him for the glorious task of delivering God's people from slavery in Egypt. God displayed His matchless power through Moses in the plagues and the parting of the Red Sea. Moses communicated directly with God, mouth to mouth clearly (Num. 12:6-8), unlike any prophet before or after him. He was radiant from God's presence as he received the Law, which was revered by the Jews. It became known as the Law of Moses. The Israelites would rise and remain standing at the doors of their tents until Moses entered the tent to meet with God. Moses divinely authored the Pentateuch (Genesis to Deuteronomy), so he was the premier Jewish historian. With all these accomplishments, Numbers 12:3 says that "the man Moses was very meek, more than all the people who were on the face of the earth." Even though his brother Aaron was the high priest of Israel, Moses was clearly the advocate for the Jews. Truly, the greatest one sent by God. He was The GOAT!

This knowledge should bring greater understanding as to why the writer of Hebrews believed it was absolutely necessary to solidify the superiority of Christ over Moses. The Jews had an exalted view of Moses and a deficient understanding of Christ. Jesus built the spiritual house of God and Moses was a leader in the house. The author needed the Jews to recognize the different categories, that are beyond comparison, because Jesus' calling is far superior as Son, than to Moses' as servant.

Also, Israel's beautiful, triumphant Exodus from Egypt began well, but ended tragically. The writer of Hebrews does not want the same thing to happen to these Jewish Christians in their dramatic exodus. He knew these people and the hardship they were facing and he wanted them to not make the same mistakes the Israelites did...rooted in unbelief and contempt...grumbling, quarreling, which led to sinful disobedience, in spite of SEEING the cloud by day and fire by night, and receiving daily manna from God. Psalm 95:7-11 would have been known to most first century Jews who recited Psalms. He wants them to remember Israel's rebellion in the wilderness and he calls them to not be like their ancestors. "Today" is still valid in the author's generation, not just a command for ancient Israelites, and Jewish ethnicity does NOT offer the privilege of salvation. Sharing in the Kingdom is a heart issue, they must individually trust God and persevere to the end.

WEEK 4: DAY 3

Focus in on Hebrews 3:1-6

1. Moses was faithful in all God's house. This passage says it twice, so it must be important! (Hebrews 3:2,5) Now, look at these Old Testament passages. What do they testify about Moses?
Exodus 14:31

Numbers 12:7

2. Why has Jesus been counted worthy of more glory than Moses?
(See also Ephesians 2:1-10)

3. Jesus is referred to by the terms apostle and high priest only in the book of Hebrews, which holds great significance! Look up the meaning of the word apostle. In what ways could Jesus be called an apostle of our confession?

4. What does it mean to you to "consider Jesus"? How can you "consider Jesus" [as superior to writers/preachers/influencers] in your daily life/struggles, etc.?

WEEK 4: DAY 4

Now read Hebrews 3:7-14

1. Read all of Psalm 95. How did the Hebrews “harden” their hearts?

What did that hardening prevent them from attaining?

What did the psalmist call on readers to do to keep them from hardening their hearts?

2. There is a serious warning/exhortation in verses 12-13. Compare these words to Ephesians 4:18-22. What is the perpetual human sin problem addressed in these passages?

3. How does the transition word “Therefore” (v. 7) highlight the response that should flow out of the right recognition of Jesus?

WEEK 4 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 3:1-19 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

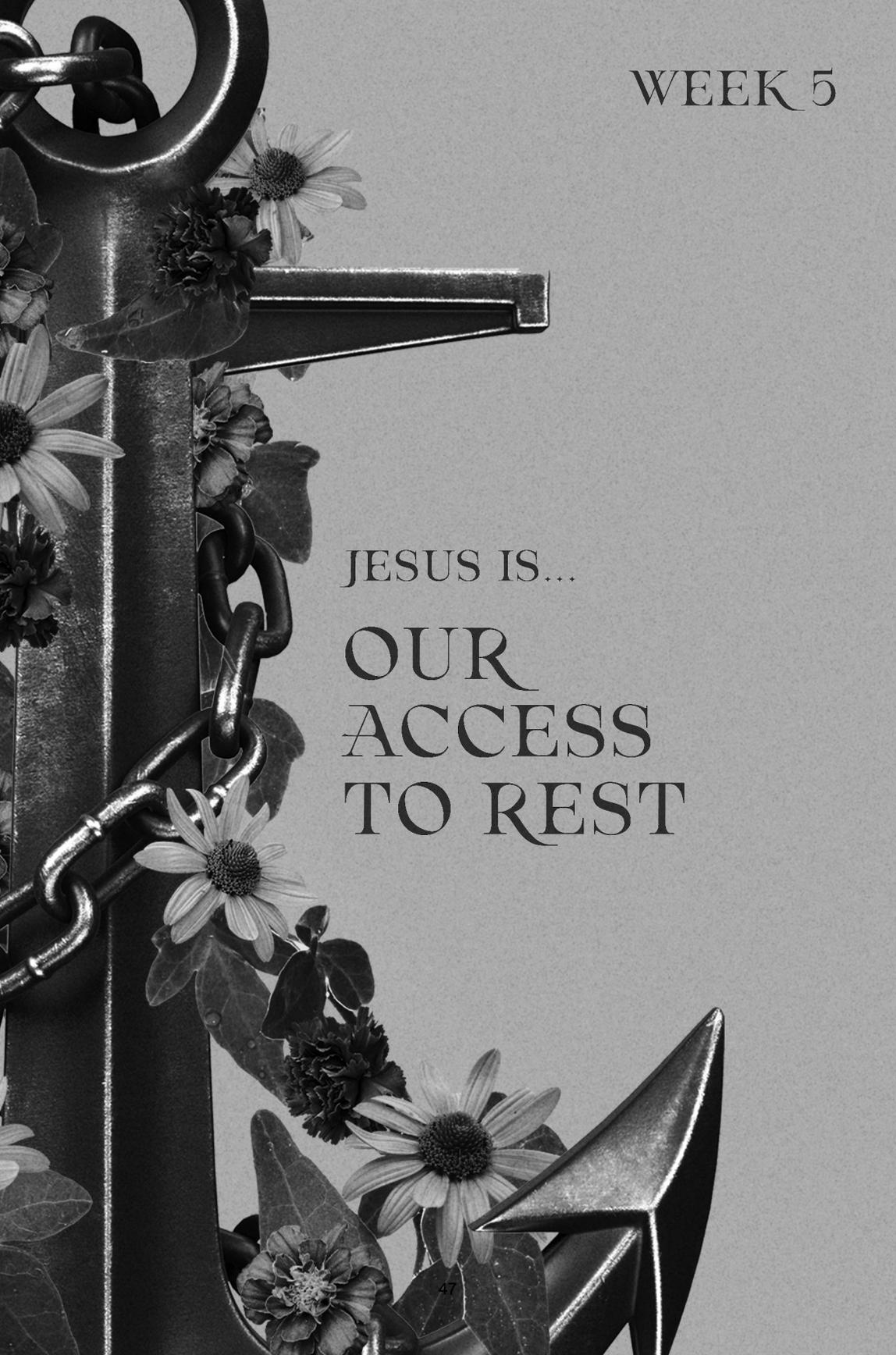
Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 4 ADDITIONAL NOTES

WEEK 4 ADDITIONAL NOTES



WEEK 5

JESUS IS...

OUR
ACCESS
TO REST

WEEK 5: DAY 1

Read Hebrews 4:1–5:10

1. Highlight or list repeated words and any form of the word “better/superior.” Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 5: DAY 2

Read Hebrews 4:1–5:10 again, perhaps in another translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

Instead of rest for the Hebrews, there was turmoil and suffering for their new faith. They needed to be reminded to persevere in their belief and continue to obey in order that they would have true rest. Like them, we must understand that rest is not synonymous with inactivity. Yes, God rested on the seventh day from His work of creation, not because He was tired, but to celebrate the completion of His work. He continues to be active in providentially sustaining all that He has created. As the Hebrews were called to be diligent and to strive to enter God's rest, we too must be diligent to remember our rest comes from the Lord.

The Hebrews are being reminded to cling to God's word for perseverance. When Israelite spies were sent into the Promised Land, Joshua and Caleb brought "good news" (the land was plentiful with all they would need and God was with them) but the other spies did not believe they could conquer its current inhabitants. The Israelites rebelled and were subsequently punished to wander in the wilderness (symbolic of not entering God's rest) for 40 years because of unbelief and disobedience. They may have believed in God, but did not trust God. God gives us the gift of Scripture so that we will not follow the example of Israel's disobedience.

The power to cling or "hold fast" comes not from our own strength, but from Jesus Himself. Jesus was fully Man and able to sympathize with humanity because He was tempted in every way, but also because Jesus was superior to any previous high priest.

Israel's priests would regularly enter the Holy Place to perform their daily duties. However, once a year, on the Day of Atonement (or Yom Kippur), the High Priest would enter the Most Holy Place with extreme caution and preparation. The Levitical High Priest followed strict instructions in order to offer a sacrifice on behalf of the Israelites, yet until Jesus came this was never fully sufficient and needed to be repeated over and over again. Jesus, our great High Priest, had no need to make any sacrifices on His own behalf because He was already righteous, pure, and without sin. He shed His very own blood on the cross to atone once and for all time for the sins of all mankind. He ascended into heaven, into the presence of the Father, and sat down at His right hand to continually and eternally make intercession for us.

WEEK 5: DAY 3

Now focus on reading Hebrews 4:1-11

1. What are the cultural and biblical differences when defining “work” and “rest?” Refer to Genesis 2:15; Isaiah 65:17-18,21-22; Matthew 11:28-30; and Romans 5:1-2 for a bit more insight.
2. Read Numbers 13:25-28,30-31; 14:1-11 26-31 and Joshua 1:1-9. What was different about the faith of Joshua (and Caleb)?
3. How was belief and obedience related to rest for the Israelites? For the original readers of the letter to the Hebrews?
4. How does the story of the Israelites’ disobedience foreshadow the necessary work of Jesus? Why is Jesus superior to Joshua?
5. Read James 2:18-20 remembering that the word “works” or “deeds” in this passage holds the same meaning as obedience. Why is belief in God (mentally accepting His existence) without demonstrating trust in Him insufficient to bring us true rest?
6. How does belief and obedience in Jesus result in rest for us for today? For eternity?

WEEK 5: DAY 4

Now look at Hebrews 4:11-13

1. What does it mean to “strive to enter God’s rest?”
2. How does Scripture help us to strive to enter God’s rest?
3. Read 2 Timothy 3:16-17 and Isaiah 55:10-11 to better define “living and active.”
4. How does Ephesians 6:10-18 relate to our text today?
5. Samuel was sent by God to anoint a new king after King Saul was rejected for his disobedience (1 Sam 15:22-24). What does 1 Samuel 16:7 reiterate about God’s character from today’s text?
6. Read Proverbs 15:3 and Psalm 90:8. Explain how this is a warning to those in disobedience or those who are drifting from God.
7. How do the descriptions of Scripture from verse 12 strengthen your perseverance of belief and obedience?

WEEK 5: DAY 5

Now zoom in on Hebrews 4:14– 5:10

1. Explain the purpose and role of high priests. How does Jesus fulfill this criteria?

2. Knowing that high priests are called and appointed by God the Father, how does Jesus as the “great High Priest” exceed all other high priests? (We’ll cover Melchizedek in Week 7 so don’t get distracted by this mysterious figure!)

3. Although Jesus is the divine Son, and our great High Priest, He is also fully human. In what ways is Jesus able to sympathize with us?

4. How does Matthew 5:3-5 and Philippians 2:1-11 reiterate the same truths from today’s passage?

5. Although we still struggle daily with sin, how are we able to draw near to the throne of grace with confidence? Are you ever apprehensive in approaching the Lord? Why or why not?

WEEK 5 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 4:1–5:10 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

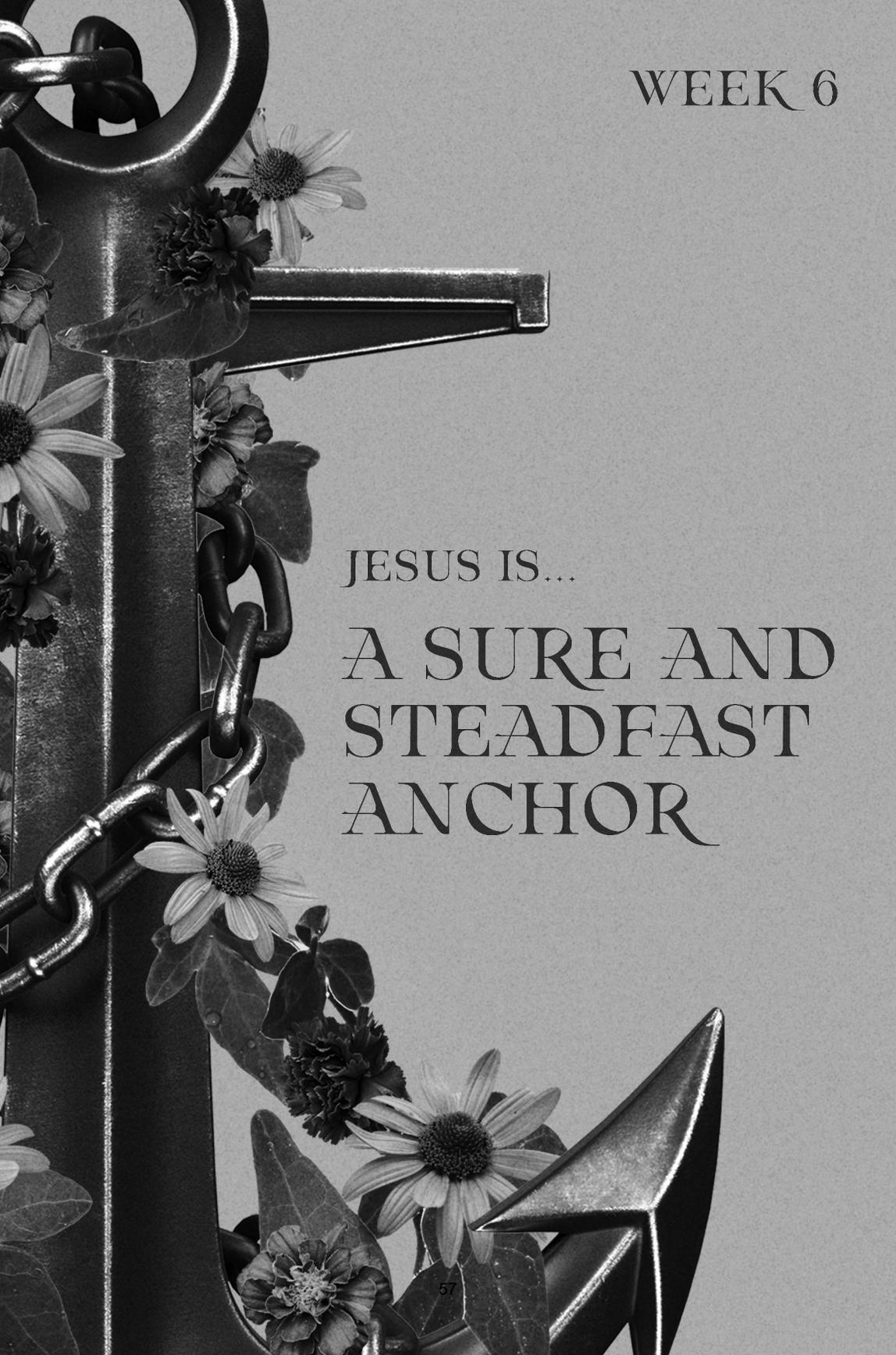
Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 5 ADDITIONAL NOTES

WEEK 5 ADDITIONAL NOTES



WEEK 6

JESUS IS...

A SURE AND
STEADFAST
ANCHOR

WEEK 6: DAY 1

Read Hebrews 5:11–6:20

1. Highlight or list repeated words and any form of the word “better/superior.” Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 6: DAY 2

Read Hebrews 5:11– 6:20 again, preferably in at least one other translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

Just as the author of Hebrews is about to dive into comparing Christ's ministry with Melchizedek, he pauses, remembering his readers are "dull of hearing." This is a harsh but valid charge that literally translates "you have become sluggish in the ears." They were lazy. Nothing wrong with their comprehension skills or mental capacity. They were just not responsive. In their lack of spiritual growth, they were not staying still, but "growing backwards." He encourages them to stand on the foundation of Christ and move toward maturity. They should be teachers by now, but are having to be retaught "the ABC's" of Christianity. He calls them to graduate from spiritual Kindergarten and stop playing on the playground. They need to hold on to what they have learned, live like Jesus, and grow up in Christ .

Jesus' parable of the sower in Matthew 13 adds to our understanding of this passage. Jesus describes those who "shared and tasted" the things of God like the Israelites in the wilderness, who had literally eaten, seen, felt, and heard miraculous things from God, but their hearts were hardened in unbelief. Jesus says they look like Christians, because they hear and have wonderful experiences they "receive with joy," but when life becomes hard, they "fall away." They were not true believers. Their hearts were "rocky soil" and the gospel never took root.

The author of Hebrews uses the importance and gravity of oaths to illuminate the greatness of God and His promises. In ancient Israel, important business transactions weren't sealed with signatures, but by word. In this ancient context, there was a general fear of God and an understanding that people were sinners/liars. By swearing by something greater than themselves (God), it guaranteed truth, particularly in Hebrew culture where lying under oath broke the third commandment. Abusing God's name deserved the punishment of God, so verbal oaths were powerfully effective in assuring one's word. When God condescended to swear by an oath with Abraham, He acted compassionately to literally give a "strong, powerful encouragement." God's oath with Abraham is sure because it is impossible for God to lie. The oath was not necessary but serves to assure us that the beautiful hope we have and hold is a sure and steadfast anchor of the soul. As commentator R. Kent Hughes says, "in the ancient world....an anchor was everything to those at sea," so the significance of this security would have been immediately clear to the original hearers. There is rest and hope outside ourselves.

WEEK 6: DAY 3

Now just read Hebrews 5:11– 6:3

1. The author of Hebrews pauses/interrupts his explanation of Jesus as High Priest in order to rebuke them for becoming “dull of hearing.” What was the evidence they were dull of hearing?

2. Because mature believers can handle the solid food of Scripture, what skills have they gained?

3. What basics of the Christian faith should the original recipients of Hebrews already know? (See also: Phil 3:12-14, Acts 8:14-17, Acts 17:31)

4. Read 2 Timothy 2:14-16. How can you become skilled in the word of righteousness?

What can result from that continually growing skill?

WEEK 6: DAY 4

Now focus on Hebrews 6:4-12

1. Hebrews 6:4-8 can be confusing and even dangerously misinterpreted. The reference to those who have “fallen away” is addressed by Jesus in His Parable of the Sower and His explanation. (The ESV Study Bible is a great resource/help for this passage as well.) Read Matthew 13:1-6,18-21. Describe the seed/the one sown on rocky ground. What is it lacking?

2. Now, read John 10:27-29. What does God’s Word say about true salvation?

3. What specific ways does the author assure the readers in Hebrews 6:9-12?

What does He desire for them?

4. How can we rest in our salvation and live out our salvation in similar ways today?

WEEK 6: DAY 5

Zoom in on Hebrews 6:13-20

1. Now the author of Hebrews is reminding them of the greatness of God and His promises. In Genesis 22:15-18, what did God promise to Abraham? What did Abraham do and receive?

2. In Hebrews 6:13-18, whom did God swear by in His oath to Abraham and why did He do this?

What did God desire to show more convincingly? What did He do to guarantee it?

What do these “two unchangeable things” give to believers/ the heirs of the promise?

3. Who is the hope, the sure and steadfast anchor of the soul in Hebrews 6:19-20? What has He done for us? Who has He become?

4. How would you describe your grip on the Anchor right now - loose and about to let go, holding fast, depends on the day?

When you feel like your life is falling apart, how can you hold fast to the Anchor?

WEEK 6 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 5:11-6:20 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

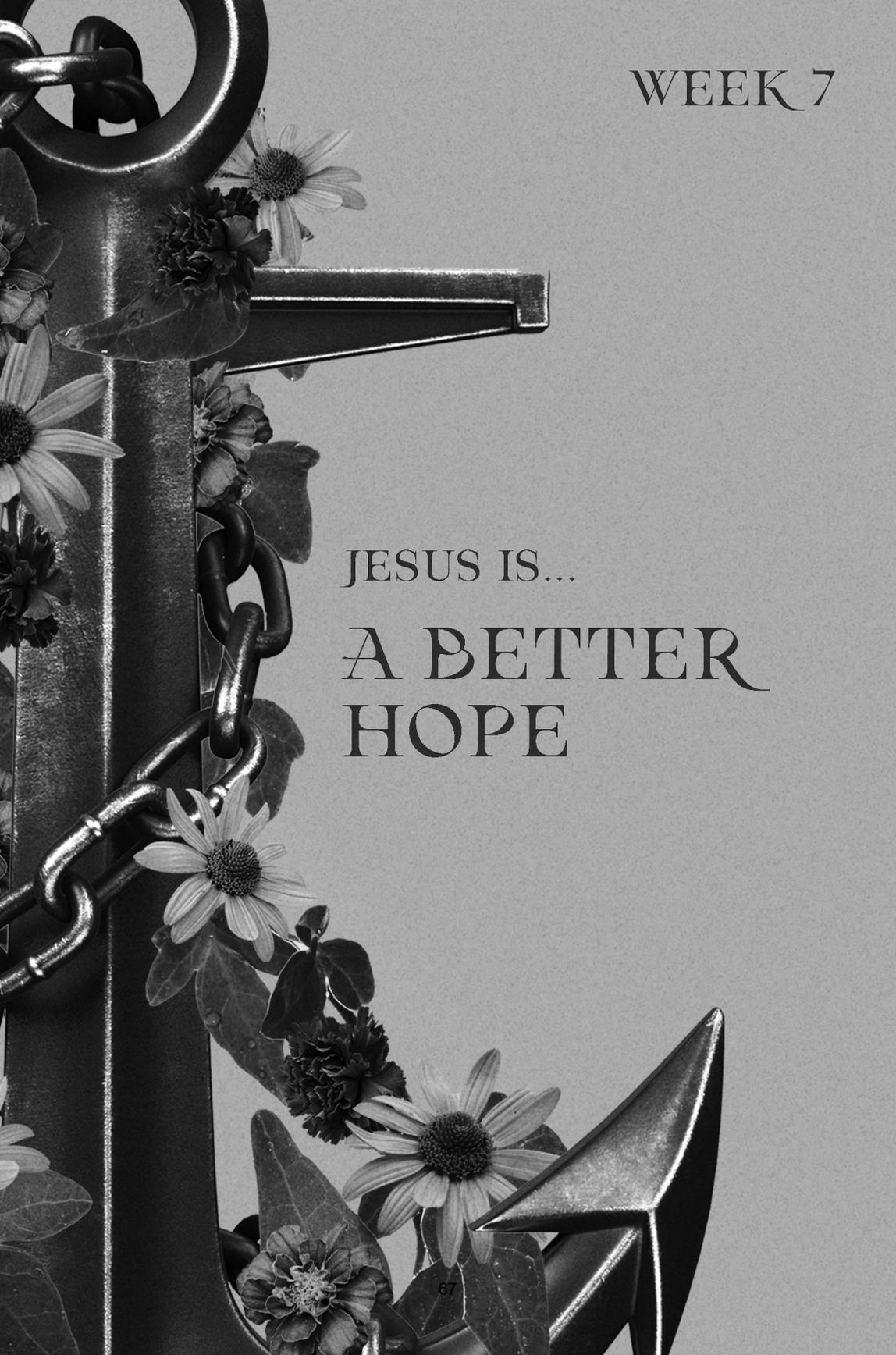
Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 6 ADDITIONAL NOTES

WEEK 6 ADDITIONAL NOTES



WEEK 7

JESUS IS...

A BETTER
HOPE

WEEK 7: DAY 1

Read Hebrews 7:1-28

1. Highlight or list repeated words and any form of the word “better/superior.” Look back over what you listed/highlighted and state the main ideas of this passage.

2. What, if anything, in this passage concerns or confuses you?

3. Look up definitions of words you would like to understand more fully. How do these definitions give you greater insight into the passage?

4. Based on the truths in this passage, complete the following statements:

Jesus is...

Humanity is...

Apply these truths specifically to your life by completing this statement: I am...

WEEK 7: DAY 2

Read Hebrews 7:1-28 again, perhaps in another translation, and read Put It Into Context (on the next page).

1. How do these additional readings give you further insight or a greater understanding of what initially confused or concerned you?
2. Identify any warnings and/or “Let us” statements the author gave the original readers (sometimes these might be implied rather than stated overtly). Why might they have needed those warnings or encouragements?
3. Why might the statements about Jesus in this passage have been shocking/startling to the original readers of Hebrews?
4. How might the statements about Jesus in this passage be shocking/startling to those in our culture, maybe even among believers, today?
5. How does seeing the truths about Jesus presented in this passage convict, encourage, or challenge you?

PUT IT INTO CONTEXT

The writer of Hebrews uses a mysterious figure from Jewish history to urge suffering Jewish Christians not to retreat into the comfortable legalism of the Law, which revolved around the priesthood. His purpose is not to confuse generations of Bible readers, but to prove the Levitical priesthood was always intended to give way to the superior priesthood of Jesus. Melchizedek shows up in Genesis 14 when he, the king of (Jeru)Salem, met Abraham with provisions and a blessing. Abraham acknowledged Melchizedek's superiority by giving him a tenth of the spoils he'd taken in battle. This tithe was significant to Jewish readers because they knew the Law commanded them to give a tenth of their earnings to the priesthood (Num. 18:21-24).

Some interpret the description of Melchizedek being "without father or mother or genealogy, having neither beginning of days nor end of life" (Heb. 7:3) to mean he was an angel or a pre-incarnate appearance of Jesus. Most likely it means Scripture provides no record of his ancestors or death (this is called the rabbinical method of interpreting from silence). This lack of genealogy contrasts greatly to Levitical priests whose genealogy was meticulously recorded; if a man could not trace his lineage back to Aaron, the original high priest from the tribe of Levi, he was excluded from the priesthood (Neh. 7:61-64). The point the writer is making is that Melchizedek wasn't a priest because his father was a priest; he was a priest because God ordained him to be so. Hebrews 7:3 does not mean Melchizedek is still roaming around alive somewhere on this earth, but rather, since Scripture doesn't state when he died, there's no recorded end to his priesthood.

In Psalm 110, written 1000 years after Genesis 14, God declares He's going to establish a new priesthood through someone who, like Melchizedek, would be both king and priest forever. The writer of Hebrews quotes Psalm 110:4 to emphasize that Jesus, from the tribe of Judah and not Levi, has a superior priesthood because it's based on God's call rather than bloodline, and it is eternal. "After the order of Melchizedek" (Heb. 7:11,17) does not mean Jesus has Melchizedek's kind of priesthood, but that Melchizedek had Jesus' kind of priesthood.

The writer's references to Melchizedek are not to magnify this mysterious man, but to demonstrate that Jesus brought an end to the Levitical priesthood because He is superior to the Jewish religious system. This would have been shocking to the original recipients, but also comforting because they knew the old system could not draw them near to God and save them to the uttermost. Only Jesus can do that because He is a better hope and therefore worth any amount of suffering that is required to follow Him.

WEEK 7: DAY 3

Now just read Hebrews 7:1-10

1. An Old Testament “type” foreshadows, and is fulfilled by, a New Testament “antitype.” Melchizedek is a “type” of the ultimate priesthood of Jesus. Read today’s passage along with Genesis 14:18-20, Matthew 26:26-30, Ephesians 2:14, and 1 John 2:1 and identify ways Jesus is the “antitype” (fulfillment) of Melchizedek.

2. What did the writer want readers to understand about Melchizedek?

3. What then, should readers understand about Jesus, the “antitype” of Melchizedek?

4. How can you be righteous (in right relationship with God)? See Romans 3:21-22, 1 Corinthians 1:30, and Philippians 3:9.

5. Why must Jesus first be your “king of righteousness” before He can be your “king of peace?”

WEEK 7: DAY 4

Now look at Hebrews 7:11-19

1. What is imperfect and why? What is perfect and why? Use Romans 8:1-4 and Galatians 3:10-14, 21-26 to help form your answers.

Imperfect

Perfect

2. What gave the Levitical priests legitimacy in their role?

What authorizes the priesthood of Jesus?

3. What is the better hope that's made possible through Jesus' superior priesthood?

4. Why does being able to draw near to God give you a better hope than anything in this world, including religion, can offer?

5. How can you, and do you, take advantage of the great privilege offered to you of drawing near to God through Jesus?

WEEK 7: DAY 5

Now read Hebrews 7:20-28

1. Use the chart to contrast the Levitical priesthood with Jesus' priesthood.

LEVITICAL	JESUS

2. How does this comparison emphasize why Jesus is the guarantor of a better covenant?

3. Analyze what it means that Jesus is able to save to the uttermost.

4. Read Romans 8:31-35. What might Jesus be making intercession for you about right now? What is your response to that truth?

WEEK 7 WRAP UP

Remember, recognition prompts response. Sum up from all of Hebrews 7:1-28 what you recognized about Jesus and what our response should be by completing the statements below with your own words.

Jesus is...

So let us ...

Respond to these truths with a written prayer
Father...

WEEK 7 ADDITIONAL NOTES

WEEK 7 ADDITIONAL NOTES

EXODUS Women

Our vision is to discover, develop and deploy
the gifts of women for the mission of Jesus
through Exodus Church.

We believe that women's ministry is not just
ministry to women in the church,
but it is ministry by women for the church.

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