

Book of the Week: Small Group Guide

Week 8: Hebrews

July 26, 2026

Icebreaker Question: What's something difficult you've stuck with that turned out to be worth it?

Key Takeaways

- Worship, thanksgiving, and prayer are disciplines we practice regardless of how we feel, because they realign our hearts with what is real and with who God is.
 - The word "better" or "superior" appears 15 times in Hebrews, building a sustained case for why Jesus is the ultimate source of strength and provision.
 - Jesus is better than the angels, better than Moses, better than the priests, and better than the sacrifices of the Old Testament.
 - Because Jesus is the once-for-all high priest who has already finished his work, we can approach God with full confidence in our time of need (Hebrews 4:14-16).
 - The book of Hebrews does not only comfort -- it also challenges believers not to drift, harden their hearts, grow lazy, become weak-kneed, or walk away from the faith.
 - We are connected to every believer who has gone before us. Their endurance and our endurance are bound together.
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Discussion Questions

Opening

1. The sermon opened with the idea that we should worship, give thanks, and pray even when we do not feel like it. Can you think of a time when doing one of those things shifted your perspective or your emotions? What happened?
 2. The sermon used the Tour de France as an illustration of grueling endurance. What does a "mountain stage" in your own life look like right now, or what has it looked like in the past?
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Going Deeper

3. Hebrews was written to Jewish Christians who were tempted to drift back to their former way of life because following Christ had become too costly. In what ways do people today face a similar temptation -- not necessarily returning to Judaism, but retreating to something easier or more comfortable than faithful discipleship?

4. The sermon highlighted that Jesus is described as "better" 15 times in Hebrews. Why do you think the author felt the need to make that case so repeatedly and so thoroughly? What does that tell us about human nature and our tendency to look elsewhere for help?
 5. Hebrews 4:14-16 describes Jesus as a high priest who was tempted in every way yet did not sin, and who therefore invites us to approach the throne of grace with confidence. How does knowing that Jesus personally experienced hardship and temptation change the way you bring your struggles to God?
 6. Hebrews 11:35-40 describes believers who endured torture, imprisonment, and death for their faith. The passage then connects their story directly to ours. What do you think it means that only together with us would they be made complete? How does that sense of shared story affect the way you think about your own perseverance?
 7. The sermon identified three direct challenges from Hebrews for believers today: laziness, weak-kneedness, and the temptation to walk away entirely. Which of those three resonates most honestly with where you are right now? Why?
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Reflection and Application

8. The sermon referenced a point about resilience -- specifically, the practice of stepping back to ask whether a hard situation is as hopeless as it feels, and contrasting undeserved suffering with undeserved good. How do you practice that kind of perspective in your own life? Where does it come naturally, and where does it break down for you?
 9. The sermon mentioned the phrase "I've proved him o'er and o'er" from the hymn, meaning that past experiences of God's faithfulness build trust for the present. What is one specific moment in your life where you saw God's faithfulness in the middle of a hard season? How does remembering that moment speak to what you are facing now?
 10. The sermon closed with this challenge: instead of saying "I can't," learn to say "I can, with God's help." What is one area of your life right now where you need to make that shift in language and belief?
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Closing Prayer Focus

Close your group time in prayer, bringing these things before God together:

- Gratitude for the superiority and sufficiency of Jesus
- Honest confession of the places where hearts have begun to harden or drift
- Intercession for group members who are currently in a grueling season
- A shared commitment to persevere together, holding unswervingly to the hope you profess