

For the Week Beginning May 24, 2026

“From Shadow to Reality”

✦ Hebrews 10:1-10

¹The law is only a shadow of the good things that are coming — not the realities themselves. For this reason it can never, by the same sacrifices repeated endlessly year after year, make perfect those who draw near to worship. ²If it could, would they not have stopped being offered? For the worshippers would have been cleansed once for all, and would no longer have felt guilty for their sins. ³But those sacrifices are an annual reminder of sins, ⁴because it is impossible for the blood of bulls and goats to take away sins.

⁵Therefore, when Christ came into the world, he said:

“Sacrifice and offering you did not desire, but a body you prepared for me;

⁶with burnt offerings and sin offerings you were not pleased.

⁷Then I said, “Here I am — it is written about me in the scroll —

I have come to do your will, O God.”

⁸First he said, “Sacrifices and offerings, burnt offerings and sin offerings you did not desire, nor were you pleased with them” (although the law required them to be made). ⁹Then he said, “Here I am, I have come to do your will.” He sets aside the first to establish the second. ¹⁰And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all.

Write down 5 significant observations. Raise 2 significant questions and try to answer them.

Observations	Interpretation (Questions)	Applications

✦ Opening Question:

- What’s the difference between a temporary fix and a real solution? Can you think of an example?

✦ The Living Word: Please read our text for this week.

- Highlight words or phrases that stand out to you.
- Please narrate using your own words.

Verses 1–2

1. What does it mean that the law is “only a shadow of the good things that are coming—not the realities themselves.”? How does this shape our understanding of the Old Testament sacrificial system? **2. Why could the repeated sacrifices “never... make perfect those who draw near to worship”?** What does “make perfect” mean in this context? According to verse 2, what would have been different if the sacrifices were actually effective?

Verses 3–4

3. Instead of dealing with sin, sacrifices are said to be “an annual reminder of sins.” How is remembering sin different from removing sin? Why would, then, God command animal sacrifices? **4. Why is it “impossible for the blood of bulls and goats to take away sins”?** What does this reveal about the seriousness of sin and about the kind of sacrifice that we truly need?

Verses 5–7

5. The author quotes Psalm 40 as the words of Jesus. What is God ultimately desiring instead of sacrifices? What does it mean that Christ came with a body prepared for him? **6. How does Jesus fulfill what the sacrificial system could not?** What can we know about Jesus’ heart from these verses?

Verses 8–9

7. Why did “the law require” the Old Testament sacrifices even though God did not delight in them? **8. In verse 9, what does it mean that Christ “sets aside the first to establish the second”?** What is “set aside” — and what is “established”?

Verse 10

9. What does it mean that “we have been made holy... once and for all”? How is this different from the repeated sacrifices under the law?

✦ Living the Word/Application:

- What does it look like practically to trust that Jesus’ sacrifice is truly enough?
- How does our text change the way you approach God in prayer or worship?