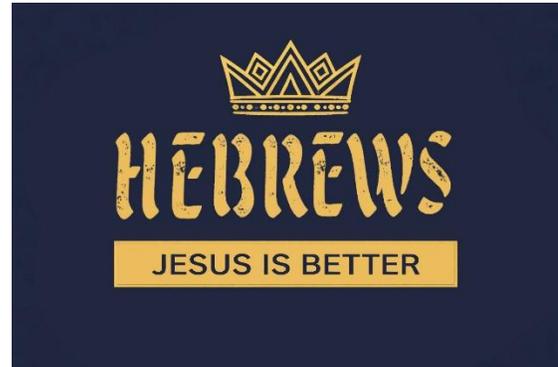


“The Heart of the Matter”

Session 8 – Hebrews 10:1-18

Bible Study Method:

R.E.A.D. (Record, Explore, Apply, Do)



Leaders Notes: The R.E.A.D. method is designed to help us slow down. Instead of racing through verses, we are going to look for patterns, dig into meanings, and then let the truth land in our daily lives. The goal is to consider the theology for the purpose of life change.

Timing Tips and Notes for Skipping:

DO NOT PLAN to skip section 3 today. This session looks different than previous weeks and doesn't include a "Reflect" section.

- **The "Academic" Buffer:** Prioritize question 3 over question 2 in Section E. Skip the second question in the Explore section (the child's apology analogy) to ensure you have time for the "Selective Memory of God" (vs. 17) especially if you think the group will get stuck debating the mechanics of the Old Covenant sacrifices.
- **The "Shadow" Summary** (Section A - Apply): Save 5min by summarizing the "Shadow-living" concept and move straight to the final question about the sins God has deleted but we still keep a copy of. This may be the most transformative discussion point.
- **Do It Shortcuts:** If time is very short, do not have everyone share their plan. Instead, have them circle one option in their guide and pray for the person to their left to have the courage to follow through on it.

INTRO – 3min

Say It: (Lead your group by reading this section aloud to them.)

For the last few sessions, we've looked at the tabernacle—the tent, the blood, and the furniture. Today, we finally move from the outside to the inside. Hebrews can feel academic because it deals with ancient laws. But today, we see that those laws were just 'shadows,' and we are moving out of the shadow of working for God and

into the reality of resting in Jesus. We'll use the R.E.A.D. method to move from what the Bible says to what we are going to do about it. This method is really just an acronym, but it's simple enough that you could do it on your own no matter what passage of Scripture you're studying.

- R – Record
- E – Explore
- A – Apply
- D – Do

R – Record: What Does the Bible Say?

Observe the text. Look for “academic” facts.

Hebrews 10:1-18 (2 Questions - 12min)

Read it: [\(Ask someone to read these passages aloud.\)](#)

- Hebrews 10:1-18

“Record” Discussion: The “Discuss It” sections of this guide should be where you spend most of your time. The goal is 100% participation in discussion. We want everyone to feel like they are a part of the group.

1. When you compare verses 1 & 11 about the old system to verses 10, 12, & 14 about Jesus, what becomes clear?

The old system of constant sacrifices had to be repeated endlessly, while the work of Jesus was completed “once for all.” The old way was a shadow (no substance, you can't lean on a shadow, it provides no support) It showed the shape of God's holiness, but it lacked the substance of His presence. The old way was a treadmill that wasn't going anywhere . . . lots of work and movement, but no arrival. **If it has to be repeated, it isn't completed.**

2. According to verses 2 and 3, if the sacrifices had been effective, what would have happened to the worshipers' "consciousness of sin"? Instead, what did the annual sacrifices actually provide?

Verse 2 says if they worked, the worshipers would have "no longer felt guilty." Instead, verse 3 says the sacrifices were an "annual reminder of sins." Academically, the Old System didn't function as a "delete" button; it functioned as a "calendar notification" that you were still in debt. **The Law was a check engine light; Jesus is the mechanic.**

E – Explore: What does the passage mean?

Hebrews 10:1-18 - (3 Questions - 22min)

“Explore” Discussion: (Spend most of your time in discussion.)

- 1. Looking at Hebrews 10:1-4, why does a repetitive religious habit actually make us feel more guilty rather than less (vs. 3)?**

Repetition is a "reminder of sins." If you have to keep asking for forgiveness for the same thing over and over, you start to believe it hasn't been handled yet. Eventually, the ritual itself becomes the source of your anxiety.

A recurring sacrifice creates a recurring shame.

- 2. In Hebrews 10:5-10, the author explains that God wasn't looking for more animal blood; He was looking for Jesus' human obedience. Why does a child's sincere "I'm sorry, I'll do better" mean more to a parent than a gift that child bought with someone else's money? How does this change how you view your own "religious chores"?**

The Old Covenant often felt like a series of high-stakes transactions—where a goat was exchanged for a temporary pardon. But God never wanted a commercial exchange; He wanted a family reunion. Just like a parent values a child's sincere "I'm sorry" more than a gift the child bought with someone else's money, God values the internal alignment of the heart over the external performance of a ritual. Jesus didn't just pay a bill so the debt collector would stop calling; He offered His perfect obedience to clear the debt so the relationship could finally begin without a 'calendar notification' of sin getting in the way. The Cross wasn't the end of a business deal; it was the beginning of a life together. **The Cross wasn't just a transaction for your debt; it was a transition into His family.**

- 3. In Hebrews 10:17, God says He will remember their sins “no more.” Why is this (Jesus) a better option than what they experienced in the old sacrificial system?**

Under the Old Law, sins were "covered" (they still existed but were hidden from sight). Under the New Covenant, they are "removed". God isn't forgetting; He has legally settled the debt through Jesus so that there is no longer any evidence left to bring against you. If God has officially closed the

case and destroyed the file, we can stop living like we are still on trial. **The Cross didn't just cover the debt; it closed the account and cleared the record.**

A – Apply: What does it mean for me?

(3 Questions - 18min)

“Apply” Discussion:

1. Where in your life does your relationship with God feel more like a "reminder of your failures" than a "celebration of your freedom"?

We often feel this in our prayer lives. If 90% of our prayer is confessing the same three things, we are living in the "Old System" mindset. **Stop asking for a pardon when you've already been given the receipt.**

2. Hebrews 10:1 says the old Law is “only a shadow” of Jesus. When you fail, do you tend to go back to "shadow-living" (hiding, guilt) or "reality-living" (trusting the finished work)?

Shadow-living says, "I'll be okay once I fix this." Reality-living says, "I am already loved even while I am fixing this. **You can't walk into the sunlight if you're too busy chasing your shadow.**

3. Hebrews 10:17 says, our sins are “remembered no more.” If God has made this choice, is there a sin that you’ve kept a copy of . . . one you can’t seem to put behind you? Why is it so hard to let it go and to believe it’s truly gone?

We often mistake our feelings of guilt for God’s verdict of guilt. We feel that paying with our shame makes us more worthy of grace. **Don’t remind God of what He has chosen to forget.**

D – Do: What will I do about it?

(Choose 1 or 2 options to practice this week - 8min)

“Do” Discussion and Options: (Spend a few minutes discussing which challenge each group member will commit to this week.)

The Audit of the Routine: Identify one religious or good habit you currently do out of a sense of obligation or a fear that God will be disappointed if you stop (e.g., a specific prayer time, reading a set number of chapters, or a specific act of service). For one week, change your "Why." Before you begin that habit, say aloud: "I am not doing this to get closer to God; I am doing this because Jesus already brought me close." The Goal: To differentiate between "Dead Works" (doing things to earn love) and "Living Service" (doing things because you are loved).

The Selective Memory Remembrance: Whenever a memory of a past sin or a failure from this week causes you to feel a "pang" of guilt, remember God's selective memory. Remind yourself that God has chosen to "remember it no more." Remind yourself of the legal reality that if God has removed it from our record, you are holding onto a file that has been settled in the "Heavenly Court." The Goal: To practice trusting God's "selective memory" over your own.

The Cross didn't just cover the sin; it deleted it from history.

The "Heir vs. Debtor" Budget: Look at your schedule or your to-do list for the upcoming week. Identify the one task that causes you the most "performance anxiety" (where you feel you must prove your worth). Label that task "Heir Property." Approach it with the mindset that even if you fail at that task, your "inheritance" (your standing and value in God's eyes) is legally secure and cannot be diminished. The Goal: To lower stress levels by shifting from a "debtor's mindset" to an "heir's mindset".

The "No-Repeat" Prayer Challenge: For the next seven days, challenge yourself to not ask God for forgiveness for the same thing twice. If a past mistake comes to mind that you have already confessed, do not ask for pardon again. Instead, replace the request with a "Thank You." Say: "Lord, thank You that the payment for this was 'Once for All' and that You remember it no more." The Goal: To break the cycle of "Year-after-Year" emotional repayment and trust in the finality of Christ's work.

The "Shadow" Replacement: Choose a "shadow" in your life—a temporary thing you rely on for a sense of peace or security (like a certain amount in savings, a compliment from a boss, or a clean house). When you feel that "shadow" shifting or

failing you this week, stop and consciously pivot to the "Substance." Tell yourself: "This shadow is flickering, but my standing in Christ is the unshakeable reality." The Goal: To move from "Shadow-living" to "Reality-living".

PRAY IT: 2min

Prayer: (Lead your group by praying this prayer this aloud with them.)

Lord Jesus, we thank You that we are no longer walking in the shadows of 'doing' but in the bright sunlight of what has already been 'done'. We confess that we often prefer the 'shadow' of our own performance because it makes us feel like we are in control. We thank You for the 'Once for All' finality of Your work—that You didn't just cover our sins, You settled the account and removed it from our record. Holy Spirit, help us this week to trust Your memory more than our own. When we are tempted to 're-subscribe' to guilt or 'audition' for Your love, remind us that the case is closed and the record is clean. May we live this week as heirs of a finished inheritance rather than debtors to a cancelled debt. We stop our religious hustle today and simply rest in the reality of Your love.
In Jesus' Name, Amen

TOTAL TIME: 65min