

“The Heart of the Matter”

Session 8 – Hebrews 10:1-18

Bible Study Method:

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



INTRO

Read it:

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

Read it: Hebrews 10:1-18

“Record” Questions:

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

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?

E – Explore: What does the passage mean?

Hebrews 10:1-18

“Explore” Questions:

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

A – Apply: What does it mean for me?

Apply Questions:

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

D – Do: What will I do about it?

(Choose 1 or 2 options to practice week.)

Do It:

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:

Prayer:

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