

“The Community of Courage”

Session 9 – Hebrews 10:19-39

Bible Study Method:

Inductive Study

(Observation, Interpretation, Application)



Leaders Notes:

BE SURE TO PRINT A COPY OF THE SCRIPTURE FOUND ON PAGES 9-10 FOR EACH GROUP MEMBER. This session is the "So What?" of the book of Hebrews. After nine chapters of deep theology, we are given the first major call to action. Use the marking activities to help people focus on the text but use the dialogue to move from the page to the heart.

Inductive Bible Study Note: This Bible Study method requires patience and some of it may feel like “busy work.” However, we encourage everyone to simply try it. The busy work has a pay off because it requires our brains to engage with the Scripture differently. Often, these practices reveal new ideas and insights that are valuable. **We have included a sample of the marked passage as a resource. (pages 11-12)**

Timing tips & Notes for Skipping:

- **The 5-Minute Warning:** In Sections 1, 2, and 4, once the "Mark It" activity is finished, you have about 10 minutes for discussion. If the group gets stuck on the first observation, move to the **Bolded Phrases** to ensure the main point lands.
- **Protect Section 2:** The warning about "deliberate sin" can become an academic debate. Use the "Mark It" activity (the three verbs) to keep the focus on the relational betrayal of Jesus rather than a theological argument about losing salvation.
- **Section 3 (Reflection)** is optional and can be cut if you are running behind.
- **Section 4, Question 3** can be skipped if the "Muscle Memory" discussion is particularly rich.

INTRO – 3min

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

For several sessions, we've looked at the 'shadows' and the 'finished work' of Jesus. Today, the author basically says, 'Because all that is true, here is how you must live.' We are moving from the academic study of the High Priest to a survival guide for our community. We're going to look at the first major call to action: moving from being isolated individuals to being a 'community of courage' that refuses to shrink back in difficult times. (like their ongoing persecutions)

SECTION 1 – The 3 “Let Us” Commands

Hebrews 10:19-25 - (17min – 3 Questions)

Read It: (Ask someone in your group to read this passage aloud.)

- Hebrews 10:19-25

Mark It: (Allow group members several minutes to quietly mark all of these references.)

- Circle every time the author says, "Let us" (vs. 22, 23, 24).
- Underline the specific action that follows (e.g., draw near, hold unwaveringly, consider).
- Draw a box around the words “since,” “having,” or “for.”
- Draw a line connecting each "Let us" to the phrase starting with "since", “having”, or "for" that precedes it. (Connecting circles to boxes.)

Discuss It: The “Discuss It” sections of this guide should be the main course of your time together. The goal is 100% participation in discussion. We want everyone to feel like they are a part of the group.

- **Look at the lines you drew. What do you notice about the relationship between the reason (the "since/having/for" part) and the response (the "Let us" part)?**
Every command is built on a foundation of what God has already done. We don't "let us draw near" to earn grace; we do it because the blood has already provided the access. Drawing near, holding on, and spurring others on isn't just a command to follow, but becomes a natural response when we truly recognize who God is and what He has done.

- Verse 22 says we can enter with "full assurance." If you were physically walking into God's presence right now, what current or secret guilt would make you feel like you shouldn't be there? What does the "torn curtain" of Jesus' body (vs. 20) mean for that feeling?

We often hide because of our failures. However, the "torn curtain" means there is no longer a barrier. Our access isn't based on our current "cleanliness" but on the fact that the entrance has been legally opened for us. **The torn curtain means an open door—you don't need a key when the wall is gone.**

- Notice that throughout this passage almost every reference to people is plural ("Let us"). Why is it more necessary to see our faith as a "team sport" rather than a solo project?

Individualism makes us feel we have to carry our burdens alone and makes us think our success/failure is ours alone. A "Let us" project means that when one person's faith is weak, the group's "unswerving" hope carries them. **Faith is a we thing, not a me thing.**

SECTION 2 – The Warning: Trampling Grace

Hebrews 10:26-31(13min – 2 Questions)

Read It: (Ask someone to read aloud.)

- Hebrews 10:26-31

Mark It: (Allow group members a couple minutes to quietly mark all of these references.)

- Draw a box around the three verbs in vs. 29: "trampled," "treated as unholy," and "insulted."

Discuss It: (Spend most of your time in discussion.)

- **Look at those three words. They aren't just legal crimes; they are relational betrayals. How is this different than breaking a rule? Who is the specific "victim" of these three actions in the verse?**

The victim is the "Son of God." This shows the warning isn't just about breaking a rule; it's about rejecting a Person. It transforms the warning from "don't break the law" into "don't betray your Savior. **Don't insult the cure because you're tired of the treatment.**
 - **For a Christ follower, the "hands of God" are usually described as a place of safety (John 10:28). However, verse 31 says it is a "dreadful thing to fall into the hands of the living God." What determines whether God's hands are a place of "dread" or a place of "deliverance"?**

The difference isn't in God's hands, but in our heart's posture toward the cross. If we reject the sacrifice of Jesus (vs. 29), we encounter God's hands as a judge, but if we "draw near" through the blood (vs. 22), those same hands become the place of our absolute security. The dread of the warning is meant to drive us into the delight of the Gospel. **The hands that judge the rebel are the same hands that were pierced for the believer.**
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SECTION 3 – Reflection – Remember the Cost (5min)

Reflect on It: (Optional Activity) Give your group a few minutes to quietly reflect on what God might be trying to say to them and specifically how He might want them to respond to His Word this week.

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

Look at verse 29. Have there been times this week where you treated the "blood of the covenant" as common or "unholy" by ignoring God's presence?

Give them 2min to sit in the quiet and think/pray/reflect, and then say:

Look at verse 32. Remember the "early days" when you first stood your ground for Jesus. What has changed between then and now? How can you make sure your "first love" doesn't become your "past love?"

SECTION 4 – The Endurance and Confidence

Hebrews 10:32-39 (20min – 3 Questions)

Read It: (Ask someone in your group to read this passage aloud.)

- Hebrews 10:32-39

Mark It: (Allow group members several minutes to quietly mark all of these references.)

- Put an “X” over every reference to the believers past painful experiences (e.g., "stood your ground," "exposed to insult," "imprisonment," "confiscation of property").
- Draw a box around the words describing their future hope or possession (e.g., "better and lasting possessions," "rich reward," "what he has promised").
- Draw a bridge (an arched line) connecting each “X” to any box to show that they endured the pain because they were looking at the prize.

Discuss It: (Spend most of your time in discussion.)

- **Look at your "X's." These are actual scars from their history—jail, public shaming, and losing their homes . Why does the author find it necessary to highlight these specific, painful memories right when they are tempted to quit?**

We often have "spiritual amnesia." When a new trial hits, we feel like rookies who have never fought before. The author is reminding them of their "scars" to prove they are actually veterans. He is showing them that they have already survived the worst the world could throw at them, so they are perfectly capable of surviving the current "drift". **Your scars aren't just memories of pain; they are proof of God's power.**

- **Looking at the "Bridges" you drew, how does remembering a time you already survived a "great conflict" (vs. 32) give you specialized courage for your struggle today?**

The author is calling on their "spiritual muscle memory". Just as an athlete relies on training when they are tired, a believer relies on the memory of God's past faithfulness when they are exhausted. If God sustained you through a "confiscation of property," He is the same God who will sustain you through your current exhaustion. **Don't let a current storm make you forget a past rescue.**

- **Look at the very last verse (v. 39). It contrasts "those who shrink back" with "those who have faith." Why is it significant that the author uses the word "But we"? How does viewing yourself as part of a "Community of Courage" change your approach to a trial compared to fighting it alone?**

Endurance is a team sport, not a solo marathon. When the author says, "But we," he is reminding them that their identity is tied to a group that refuses to retreat. If one person's confidence is low, they are carried by the faith of the "we." **Your 'private' battle is a 'public' interest; we don't let our soldiers bleed alone.**

DO IT – 5min

Ask your group members to choose one or two options to practice this week. Talk about your plan and encourage them to share their goals with one another. Plan to discuss their choices again next week. Create a little accountability within your group.

- **The "Spur" Text:** Think of one person who hasn't been "meeting together" lately. Send them a text—not to shame them, but to "spur" them by telling them one specific Christ-like quality you see in them or why the group misses their presence. **Goal: To move from "neglecting" to "encouraging" (vs. 24-25).**
- **The "Muscle Memory" Audit:** Identify one area where you are currently tempted to "shrink back" (e.g., prayer, honesty, or a difficult conversation). Write down one time in the past when God was faithful. Carry that note as a reminder that you are a veteran, not a rookie. **Goal: To use past rescues as fuel for current storms (vs. 32)**
- **The "We" Prayer:** Commit to praying for the endurance of this group every morning. Instead of praying for your own "confidence," pray specifically for the person to your left in the circle to "hold unswervingly" to their hope. **Goal: To shift from a "me" mentality to a "we" mentality of faith (vs. 39).**

PRAY IT: 2min

(Pray however your group prefers, but if your group struggles with prayer requests becoming a burden, we are offering an alternative each week. Remember: The goal is always **Bible Study, Community, and Care**, so praying for one another is important, but it doesn't have to take place inside your meeting times. As a matter of fact, it's better if it reaches beyond

your time constraints. You are the leader and guiding your group to healthy practices is important.)

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

"Lord Jesus, we thank You that the 'wall' is gone and the curtain is torn; help us to walk through that open door today with the full assurance that You have already provided our welcome. We hear Your sobering warning, and we ask that the Holy Spirit would guard our hearts against treating Your sacrifice as a small thing. We choose relational loyalty over religious chores. When we are tempted to drift or shrink back, remind us of the 'scars' of our past rescues—and the muscle memory we have from the times You have already proven Your faithfulness to us. We thank You that we do not have to endure this life as isolated individuals, but as a community of courage. Help us to stay side by side and to spur one another on until the very end. We are not those who shrink back; we are those who believe. Help us choose to live out of that truth. Amen.

TOTAL TIME: 65min

A Call to Persevere in Faith

¹⁹Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰by a new and living way opened for us through the curtain, that is, his body, ²¹and since we have a great priest over the house of God, ²²let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

²³Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴And let us consider how we may spur one another on toward love and good deeds, ²⁵not giving up meeting together, as some are in the habit of doing but encouraging one another—and all the more as you see the Day approaching.

²⁶If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, ²⁷but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. ²⁸Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. ²⁹How much more severely do you think someone deserves to be punished who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace? ³⁰For we know him who said,

“It is mine to avenge; I will repay,” (*quoted from Deut. 32:35*)

and again,

“The Lord will judge his people.” (*quoted from Deut. 32:36, Ps 135:14*)

³¹It is a dreadful thing to fall into the hands of the living God.

³²Remember those earlier days after you had received the light, when you endured in a great conflict full of suffering. ³³Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. ³⁴You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. ³⁵So do not throw away your confidence; it will be richly rewarded.

³⁶You need to persevere so that when you have done the will of God, you will receive what he has promised. ³⁷For,

“In just a little while,
he who is coming will come
and will not delay.” (*quoted from Isaiah 26:20, Hab 2:3*)

³⁸And,

“But my righteous one will live by faith.
And I take no pleasure
in the one who shrinks back.” (*quoted from Hab 2:4*)

³⁹But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

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