<u>The Letter To The Hebrews</u> Strengthen Your Heart With Grace Hebrews 13:7-13					
Jesus is God's Son who conquered death, sympathizes with us, & is the per- fect priest & sac- rifice for our sins	Therefore draw near to God, cling to His promises, encourage each other, and stir up <u>faith</u> in Him as your better pos- session	Stir up <u>faith</u> , because by faith we please God, work mira- cles, fight sin, & obey	So run the race of <u>faith</u> in Christ!	Because you have an unshakeable and infinitely valuable salvation	Therefore, love, fight greed, be strong in grace, and follow your leaders
1:1—10:18	10:19-39	11:1-40	12:1-17	12:18-29	13:1-25

Why was it so important to remember their leaders? (vv.7-9)

These leaders were probably the apostles, since he says they spoke (past tense) the word of God to them.

He urges them to remember how their leaders' faith in the Word of God about Jesus transformed their lives — because his readers were in danger of being led astray from God's Word to strange teachings (v.9).

What was this strange teaching that was leading them away from God's Word? (v.9)

It's that their hearts would be strengthened by foods, not by God's grace.

This was probably a strange teaching that had developed amongst the Jewish leaders (see v.10), although it was never taught in the Old Testament.

But God's Word is clear — our hearts can only be strengthened by God's grace, not by foods.

Why is it only by God's grace, and not by foods, that we can strengthen our hearts?

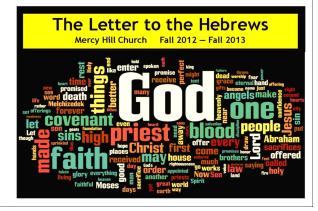
Because the only altar that can strengthen us is the Cross, where we can feed spiritually on God's grace (v.10).

Because God's people have never had their hearts strengthened by special foods (v.11).

Because we can only be sanctified — strengthened — through Jesus' blood (v.12).

How do we strengthen our hearts by grace? (13)

By turning to God's Word, and prayerfully trusting all that God promises to be to us in Christ Jesus.



HOME GROUP DISCUSSION OF SUNDAY'S TEACHING

(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)

Besides God's grace, what are some other things you are tempted to turn to when your heart is not strong?

Do you find it easier, or harder, to turn to those things than God's grace? Why?

The author gives three reasons for why God's grace is the only way to strengthen our hearts —

- Because the only altar that can strengthen us is the Cross, where we can feed spiritually on God's grace (v.10).
- Because God's people have never had their hearts strengthened by special foods (v.11).
- Because we can only be sanctified strengthened through Jesus' blood (v.12).

Which of these was most confusing to you? Most persuasive to you? Why?

What is making your heart weak right now? Talk together about what God promises to be to you, in Christ, that affects your weakness. Lay hands on each other and pray God's promises into our hearts and lives.

What is your biggest take-away from this passage?

Share prayer requests that come up in the discussion, jot them down below, and pray for each other.

