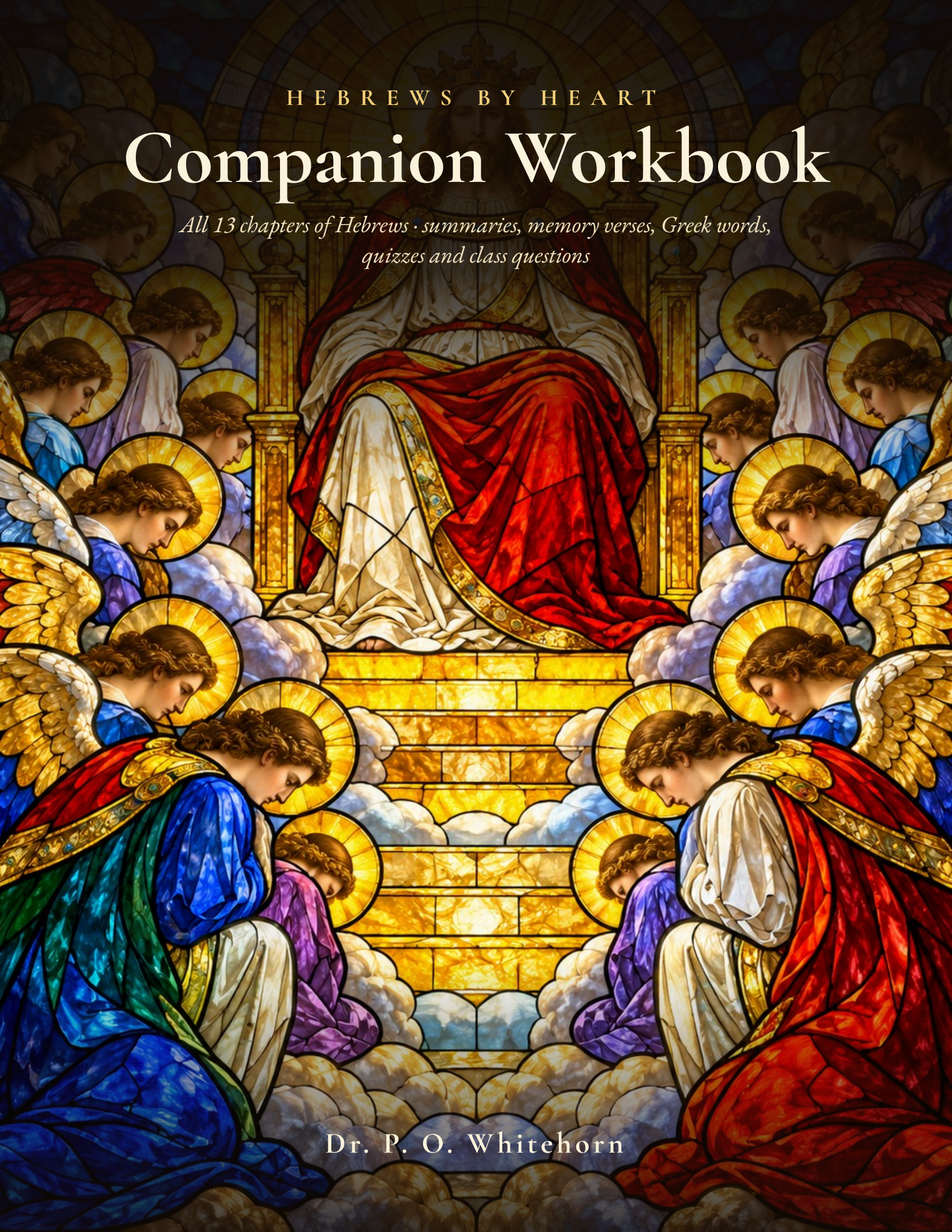
HEBREWS BY HEART

# Companion Workbook

*All 13 chapters of Hebrews · summaries, memory verses, Greek words, quizzes and class questions*



Dr. P. O. Whitehorn

HEBREWS BY HEART

# Companion Workbook

*A study guide to the Book of Hebrews, to read, print and use with the Hebrews by Heart app*

**Dr. P. O. Whitehorn**

Ives & Sebastian Press

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Scripture is the author's own translation of Hebrews from the Greek (Nestle-Aland, 28th edition); the Old Testament passages appear as Hebrews quotes them. Greek words: the SBL Greek New Testament (Society of Biblical Literature and Logos Bible Software), CC BY 4.0. Word meanings: the Dodson Greek Lexicon (public domain); grammar: MorphGNT. Stained-glass pictures made for the Hebrews by Heart app.

Download this book, or the pages for any single chapter, free at **ispress.de/hebrews/workbook**.

# How to use this workbook

Every chapter of Hebrews in this book has two pages. The first page tells you what the chapter is about: the chapter in brief, its picture word, a memory verse, one Greek word from the chapter, the way the chapter moves from start to finish, and the places where it quotes the Old Testament. The second page is a worksheet: fill in the blanks, check yourself, talk it over, and write the chapter's message in your own words. The answers are printed upside down at the foot of each worksheet.

### LISTEN FIRST

Hebrews was a sermon before it was a book, written to be heard. Each lesson has a code you can scan with your phone to hear that chapter sung, free, at ispress.de/hebrews/songs. In the **Hebrews by Heart** app you can hear the whole book read aloud, follow each song beside the chapter it sings, read the Greek, and play the games that drill the same picture words and verses you will find here. Listen once before you read the page, and once more after you finish the worksheet.

### ON YOUR OWN

Take one chapter at a time. Read the chapter itself in your Bible, read the first page, then try the worksheet without looking back. Tick the boxes at the bottom of the worksheet as you go, and use the tracker at the back of the book to watch the whole letter fill in.

### IN A CLASS

Hand out the two pages for one chapter (each chapter is its own download at ispress.de/hebrews/workbook). Play the song, read the chapter aloud, and work through the first page together. Give the worksheet ten minutes, then use the three "Talk it over" questions for discussion.

### A THIRTEEN-WEEK COURSE

One chapter a week takes a class through the whole of Hebrews in a quarter.

| | | |
|---|---|---|
| 1 | Throne | The Son on the throne, above the angels |
| 2 | Brother | Don't drift; the Brother who tasted death |
| 3 | House | Greater than Moses; Today, don't harden your heart |
| 4 | Rest | The rest that remains; the sword; the throne of grace |
| 5 | Tears | The priest who prayed with tears; milk, not meat |
| 6 | Anchor | The warning, the oath, and the anchor |
| 7 | King | Melchizedek, the priest-king |
| 8 | Tent | The real tent and the new covenant |
| 9 | Blood | Blood and the Most Holy Place |
| 10 | Seat | He sat down; draw near; don't quit |
| 11 | Faith | The hall of faith |
| 12 | Race | The race, the Father's discipline, and the mountain |
| 13 | Gate | Love, the same Jesus, outside the gate |

# Thirteen pictures

Each chapter has one picture word. Say the thirteen words in order until they come without thinking, and you will know where everything in Hebrews is.

*Throne, Brother, House, Rest; Tears, Anchor, King, Tent; Blood, Seat, Faith, Race, Gate.*



### 1 · Throne

The Son seated on a high throne in light, angels bowing below him on both sides.



### 2 · Brother

A small boat drifting away from its mooring post; on the shore a man in a plain robe reaches out to bring it back.



### 3 · House

A great house: Moses serving inside it, Christ standing over it as the Son; beyond the door, the desert where Israel wandered.



### 4 · Rest

People lying down to rest in a green field on the seventh day; above them a two-edged sword of light; at the top, a throne with an open way to it.



### 5 · Tears

Jesus praying in a garden at night with loud cries and tears; nearby a grown man still drinking milk like a baby.



### 6 · Anchor

A great anchor whose rope runs up through a curtain into the holy place; Abraham under the stars hearing God's oath.



### 7 · King

Melchizedek, king and priest, bringing bread and wine to Abraham returning from battle; Abraham giving him a tenth.



### 8 · Tent

A desert tent that casts a shadow of a greater heavenly sanctuary above it; a heart with words written on it.



### 9 · Blood

The high priest entering the Most Holy Place with a bowl of blood before the ark, once a year; the cherubim above the mercy seat.



### 10 · Seat

Priests standing at an altar day after day; Christ seated at God's right hand; an open door with people walking through.



### 11 · Faith

A long hall of heroes: Abel with his lamb, Noah's ark, Abraham with a staff, Moses parting the sea, the walls of Jericho falling.



### 12 · Race

A runner in a stadium, a cloud of witnesses in the stands, eyes fixed on Jesus at the finish; behind, a dark smoking mountain and a bright city on a hill.



### 13 · Gate

A table where strangers are welcomed, one of them an angel unawares; a city gate with a cross outside it.

# The shape of Hebrews

### A SERMON THAT BECAME A LETTER

Hebrews does not open like a letter. There is no name, no greeting, no church addressed. It opens like a sermon, with one long rolling sentence about God speaking. Yet it closes like a letter, with greetings, travel plans and a blessing (13:22–25). The author himself tells us what he thinks he has written: a "word of exhortation" (13:22), which is the phrase a synagogue used for the sermon after the Scripture reading (Acts 13:15). The best description is still the simplest one. Hebrews is a sermon, carefully written, sent to a church the preacher could not reach in person. Scholars who study ancient rhetoric agree that it is a work of real art, and many call it the finest Greek in the New Testament.

### WHY IT WAS WRITTEN

Because people were tired. That is the plain fact behind every chapter. The readers had been Christians long enough to have a history, long enough to have been taught, long enough for the first excitement to fade and the cost to become real. The preacher's answer is not a scolding. It is a renewed look at who Jesus is and what he has done, with the exhortations hung on that. Nearly every section of the book has the same shape: here is what Christ is, therefore hold on.

### THE ONE BIG IDEA

God has spoken his final word in a Son, and that Son is both the king who sits at God's right hand and the priest who has opened the way to God. Hebrews is the only book in the New Testament that calls Jesus a priest. It does so because it wants to answer the question tired believers ask: can I really draw near to God, as I am? The answer is that Jesus has gone in ahead of us, once for all, and lives to bring us with him.

### HOW THE BOOK IS BUILT

The first four verses form one sentence and say the whole thing in miniature. Then the preacher proves it in stages. In chapters 1 and 2 the Son is greater than the angels, through whom the old law came, and yet he became one of us. In chapters 3 and 4 he is greater than Moses, and the rest Moses could not give is still open. From 4:14 to 10:18 is the heart of the book: Jesus the high priest, a priest like Melchizedek rather than like Aaron, who offered himself once and sat down, and so made the old sacrifices unnecessary. From 10:19 to the end is the "therefore": draw near, hold on, remember those who held on before you (chapter 11), run the race (chapter 12), and live the ordinary life of love that follows (chapter 13).

### HOW TO READ IT WITHOUT GETTING LOST

Three habits help. First, read the Old Testament passages he quotes, in full, as you go. Hebrews is built out of them, and the preacher assumes you know them. Second, notice the word "better." It appears again and again, and it is never a putdown of the old. The old was good. The new is what the old was pointing to. Third, keep the warnings and the comforts together. The hard passages about falling away (chapters 6 and 10) sit inside a book that is, from first to last, about the kindness of a God who has made a way to himself and will not take it back.

*From the Introduction to Hebrews in the Hebrews by Heart app, where the sources are listed.*

# Themes

When you need a chapter for a moment in life, start here.

### 1 · Throne

The Son above the angels · God's final word · Creation and the end of all things · Purification and the seat at God's right hand

### 2 · Brother

Don't drift · The Son made like his brothers · Victory over death and the devil · A merciful and faithful high priest

### 3 · House

Jesus greater than Moses · God's house · Today: don't harden your heart · Encourage one another daily

### 4 · Rest

The rest that remains · The living word of God · A high priest who sympathizes · The throne of grace

### 5 · Tears

What a high priest is · The priest who prayed with tears · Learning obedience · Growing up in the faith

### 6 · Anchor

Going on to maturity · The hard warning · God's oath to Abraham · Hope as an anchor

### 7 · King

Melchizedek · A better priesthood · Made priest by an oath · Always living to intercede

### 8 · Tent

The true tent in heaven · Copy and shadow · The new covenant · The old growing old

### 9 · Blood

The tabernacle · Once a year with blood · Once for all by his own blood · A cleansed conscience

### 10 · Seat

One sacrifice for sins · He sat down · Draw near and hold on · The second hard warning · Don't shrink back

### 11 · Faith

What faith is · The heroes of faith · Looking for a better country · Not perfected without us

### 12 · Race

Run the race · The Father's discipline · Not Sinai but Zion · An unshakable kingdom

### 13 · Gate

Love and hospitality · Jesus the same forever · Outside the gate · A sacrifice of praise · The benediction

CHAPTER

# 1

I

## The Son on the throne, above the angels

**Hebrews 1:1–14** · Fourteen verses · Song: "Heir of Everything"

*The picture: The Son seated on a high throne in light, angels bowing below him on both sides.*



PICTURE WORD

**Throne**

### THE CHAPTER IN BRIEF

*God's last word is a Son, and the angels bow to him.*

**Remember it:** ONE throne, ONE Son. Chapter 1 is the throne room.

### MEMORY VERSE

The Son is the radiance of God's glory and the exact imprint of his very being. He carries everything along by his powerful word. And after he had made purification for sins, he sat down at the right hand of the Majesty on high.

Hebrews 1:3 · the author's translation

### GREEK WORD

**υἱῷ**

*"a Son" · verse 2*

In Hebrews: 24 times, in 10 chapters

In 1:2 the word stands without "the": God has spoken "in a Son," in one who is Son, set against the prophets, who were servants. The whole chapter then rests on what God says to his Son and never said to any angel (1:5, 13). The Son is heir and maker of everything, and he sits on the throne.

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–2 | God spoke through the prophets; now he has spoken in a Son. |
| 3–4 | The radiance of God's glory made purification for sins and sat down. |
| 5–13 | Seven Scriptures: the Son, not the angels, sits at God's right hand. |
| 14 | Angels are servants sent to help those who will inherit salvation. |

### FROM THE OLD TESTAMENT

v. 5 ← Ps 2:7 God calls the king his Son.

v. 5 ← 2 Sam 7:14 The promise to David's son.

v. 6 ← Deut 32:43 The angels told to worship him (Greek Old Testament).

v. 7 ← Ps 104:4 Angels are winds and flames: servants.

v. 8–9 ← Ps 45:6–7 The Son addressed as God, with a throne forever.

v. 10–12 ← Ps 102:25–27 The Lord who made the earth and remains.

v. 13 ← Ps 110:1 "Sit at my right hand."

**Listen.** Hear Hebrews 1 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/1**.

**The song: "Heir of Everything."** Every verse of the chapter is sung.

The Son above the angels · God's final word · Creation and the end of all things · Purification and the seat at God's right hand

## FILL IN THE BLANKS

God's last _____ is a _____, and the _____ bow to him.

## CHECK YOURSELF

**1.** How did God speak long ago?

- (A) Only through angels
- (B) Through the prophets, many times and in many ways
- (C) Only through Moses
- (D) He did not speak

**2.** What did the Son do after he made purification for sins?

- (A) He went back to the prophets
- (B) He stood to serve
- (C) He sat down at the right hand of the Majesty on high
- (D) He became an angel

**3.** What are the angels?

- (A) Sons of God who rule the world
- (B) Ministering spirits sent out to serve
- (C) Equal to the Son
- (D) Prophets

## TALK IT OVER

1. God spoke "many times and in many ways," but now "in a Son." What is different about a word that comes as a person?

2. Verse 3 says the Son "carries everything along." What does that change about how you face this week?

3. Why might it matter so much to the writer that Jesus is greater than the angels?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 1 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 1:3 by heart
- ☐ I know the picture word

**Answers** Blanks: word · Son · angels · Check yourself: 1. B (v. 1) · 2. C (v. 3) · 3. B (v. 14)

CHAPTER

# 2

II

## Don't drift; the Brother who tasted death

**Hebrews 2:1–18** · Eighteen verses · Song: "Not Ashamed"

*The picture: A small boat drifting away from its mooring post; on the shore a man in a plain robe reaches out to bring it back.*



PICTURE WORD

**Brother**

### THE CHAPTER IN BRIEF

*Don't drift away. The Son became our brother to free us from death.*

**Remember it:** TWO: the boat drifts, the Brother pulls it back.

### MEMORY VERSE

Because he himself suffered when he was tested, he is able to help those who are being tested.

Hebrews 2:18 · the author's translation

### GREEK WORD

ἀδελφοὺς

*"brothers" · verse 11*

In Hebrews: ten times, in 6 chapters

The one who makes people holy "is not ashamed to call them brothers" (2:11), and he says so with Psalm 22:22. To be our high priest he had to become like his brothers in every way (2:17). Then the preacher calls his listeners "holy brothers" (3:1).

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–4 | Don't drift: so great a salvation, confirmed by signs and wonders. |
| 5–9 | Psalm 8: we see Jesus, lower than the angels for a while, now crowned. |
| 10–13 | He is not ashamed to call us brothers. |
| 14–18 | He shared flesh and blood to break death's power: a merciful high priest. |

### FROM THE OLD TESTAMENT

v. 6–8 ← Ps 8:4–6 Man crowned with glory and honor.

v. 12 ← Ps 22:22 "I will declare your name to my brothers."

v. 13 ← Isa 8:17 "I will put my trust in him."

v. 13 ← Isa 8:18 The children God has given me.

### MY NOTES

**Listen.** Hear Hebrews 2 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/2**.

**The song: "Not Ashamed."** Every verse of the chapter is sung.

Don't drift · The Son made like his brothers · Victory over death and the devil · A merciful and faithful high priest

## FILL IN THE BLANKS

Don't _____ away. The Son became our _____ to free us from _____.

## CHECK YOURSELF

**1.** Why must we pay closer attention to what we have heard?

- (A) So that we do not drift away
- (B) So that we can teach angels
- (C) So that we can earn salvation
- (D) So that we can see signs

**2.** Why did Jesus taste death?

- (A) Only for the angels
- (B) For himself
- (C) For everyone, by God's grace
- (D) Only for Abraham

**3.** From what did Jesus free those held in slavery all their lives?

- (A) Poverty
- (B) The fear of death
- (C) The law of Moses
- (D) Their enemies

## TALK IT OVER

1. What does "drifting" look like in a Christian's life? How does it start?

2. Jesus is "not ashamed" to call us brothers. How does that change the way you see yourself?

3. Verse 18 says he can help those who are being tested. Where do you need that help now?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 2 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 2:18 by heart
- ☐ I know the picture word

**Answers** Blanks: drift · brother · death · Check yourself: 1. A (v. 1) · 2. C (v. 9) · 3. B (v. 15)

CHAPTER

# 3

III

# Greater than Moses; Today, don't harden your heart

**Hebrews 3:1–19** · Nineteen verses · Song: "Hearts of Stone"

*The picture: A great house: Moses serving inside it, Christ standing over it as the Son; beyond the door, the desert where Israel wandered.*



PICTURE WORD

**House**

## THE CHAPTER IN BRIEF

*Moses was a faithful servant in God's house; Jesus is the Son over it. Today, don't harden your heart.*

**Remember it:** THREE: a house has walls and a door; Moses inside, the Son over it.

### MEMORY VERSE

Instead, encourage one another every day, as long as it is called 'Today,' so that none of you is hardened by sin's deceitfulness.

Hebrews 3:13 · the author's translation

### GREEK WORD

οἶκον

*"house" · verse 6*

In Hebrews: eleven times, in 4 chapters

The word means a building and also a household. Moses was faithful in all God's house as a servant (Num 12:7); Christ is faithful over it as a Son. Then the surprise: "we are his house" (3:6), if we hold on to our confidence. God's house is a people, not a place.

## HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–6 | Jesus is faithful like Moses, but as a Son over the house; we are his house. |
| 7–11 | Psalm 95: Today, if you hear his voice, don't harden your hearts. |
| 12–15 | Encourage one another every day, so that no one is hardened. |
| 16–19 | Israel could not enter because of unbelief. |

## FROM THE OLD TESTAMENT

v. 2, 5 ← Num 12:7 Moses faithful in all God's house.

v. 7–11 ← Ps 95:7–11 "Today, if you hear his voice."

v. 15 ← Ps 95:7–8 The warning said again.

## MY NOTES

**Listen.** Hear Hebrews 3 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/3**.

**The song: "Hearts of Stone."** Every verse of the chapter is sung.

Jesus greater than Moses · God's house · Today: don't harden your heart · Encourage one another daily

## FILL IN THE BLANKS

Moses was a faithful _____ in God's house; Jesus is the _____ over it.

Today, don't _____ your heart.

## CHECK YOURSELF

**1.** What two titles does verse 1 give Jesus?

- (A) Prophet and king
- (B) Apostle and high priest
- (C) Shepherd and judge
- (D) Servant and angel

**2.** How should we treat one another "as long as it is called Today"?

- (A) Judge one another
- (B) Leave one another alone
- (C) Encourage one another every day
- (D) Test one another

**3.** Why could Israel not enter God's rest?

- (A) Because of unbelief
- (B) Because the land was too small
- (C) Because Moses died
- (D) Because they were too few

## TALK IT OVER

1. "We are his house." What does it mean to be God's household together, not only one by one?

2. How does a heart become hard? What softens it again?

3. Who could you encourage this week, while it is still "Today"?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 3 TEACH?

- ☐ I listened to the song
- ☐ I can say 3:13 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

**Answers** Blanks: servant · Son · harden · Check yourself: 1. B (v. 1) · 2. C (v. 13) · 3. A (v. 19)

CHAPTER

# 4

IV

# The rest that remains; the sword; the throne of grace

**Hebrews 4:1–16** · Sixteen verses · Song: "Walking Into Rest"

*The picture: People lying down to rest in a green field on the seventh day; above them a two-edged sword of light; at the top, a throne with an open way to it.*



PICTURE WORD

**Rest**

## THE CHAPTER IN BRIEF

*Sabbath rest still remains. God's word is a sword. Come boldly to the throne of grace.*

**Remember it:** FOUR: lie down on all fours and rest.

### MEMORY VERSE

So let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us at the right time.

Hebrews 4:16 · the author's translation

### GREEK WORD

**κατάπαυσιν**

*"rest" · verse 1*

In Hebrews: eight times, in 2 chapters

This is the word Psalm 95 uses for the rest Israel never entered. Hebrews hears in it God's own rest from the seventh day, still open "today" to those who believe. In 4:9 the preacher calls it σαββατισμός, "a Sabbath rest," a word found nowhere else in the Bible.

## HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–5 | The promise of entering God's rest still stands for those who believe. |
| 6–11 | Joshua did not give the final rest; a Sabbath rest remains. |
| 12–13 | The word of God is living and sharp; nothing is hidden from him. |
| 14–16 | A great high priest who sympathizes: come to the throne of grace. |

## FROM THE OLD TESTAMENT

v. 3, 5 ← Ps 95:11 "They will never enter my rest."

v. 4 ← Gen 2:2 God rested on the seventh day.

v. 7 ← Ps 95:7–8 Another day, called "Today."

## MY NOTES

**Listen.** Hear Hebrews 4 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/4**.

**The song: "Walking Into Rest."** Every verse of the chapter is sung.

The rest that remains · The living word of God · A high priest who sympathizes · The throne of grace

## FILL IN THE BLANKS

A Sabbath _____ still remains. God's word is a _____. Come boldly to the throne of _____.

## CHECK YOURSELF

**1.** What still remains for the people of God?

- (A) A new law
- (B) A Sabbath rest
- (C) A land in Egypt
- (D) Another flood

**2.** The word of God is sharper than what?

- (A) A broken reed
- (B) Any two-edged sword
- (C) The angels' fire
- (D) A shepherd's staff

**3.** How should we approach the throne of grace?

- (A) With fear and silence
- (B) Only once a year
- (C) With confidence
- (D) Through an angel

## TALK IT OVER

1. What is the difference between resting from work and entering God's rest?

2. When has God's word cut through to "the thoughts and intentions" of your heart?

3. Our high priest was tested in every way, yet without sin. How does that give you confidence to pray?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 4 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 4:16 by heart
- ☐ I know the picture word

**Answers** Blanks: rest · sword · grace · Check yourself: 1. B (v. 9) · 2. B (v. 12) · 3. C (v. 16)

CHAPTER

# 5

V

# The priest who prayed with tears; milk, not meat

**Hebrews 5:1–14** · Fourteen verses · Song: "Priest Forever"

*The picture: Jesus praying in a garden at night with loud cries and tears; nearby a grown man still drinking milk like a baby.*



PICTURE WORD

**Tears**

## THE CHAPTER IN BRIEF

*Every priest is chosen from men. Jesus prayed with tears and learned obedience. You should be eating solid food by now.*

**Remember it:** FIVE: five fingers wiping away tears.

### MEMORY VERSE

Son though he was, he learned obedience from what he suffered, and once he had been made perfect, he became the source of eternal salvation for everyone who obeys him…

Hebrews 5:8–9 · the author's translation

### GREEK WORD

δακρύων

*"tears" · verse 7*

In Hebrews: twice, in 2 chapters

In the days of his earthly life Jesus prayed "with loud crying and tears" to the one who was able to save him from death (5:7), and most readers hear Gethsemane. The same word comes back in 12:17: Esau sought the blessing with tears and was refused. The Son's tears were heard.

## HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–4 | Every high priest is taken from among men and called by God, like Aaron. |
| 5–6 | God called Christ his Son and a priest forever. |
| 7–10 | Prayers and tears; he learned obedience and became the source of salvation. |
| 11–14 | You need milk; solid food is for the mature. |

## FROM THE OLD TESTAMENT

v. 5 ← Ps 2:7 "You are my Son."

v. 6 ← Ps 110:4 A priest forever, in the order of Melchizedek.

## MY NOTES

**Listen.** Hear Hebrews 5 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/5**.

**The song: "Priest Forever."** Every verse of the chapter is sung.

What a high priest is · The priest who prayed with tears · Learning obedience · Growing up in the faith

## FILL IN THE BLANKS

Every priest is chosen from men. Jesus prayed with _____ and learned _____. You should be eating _____ food by now.

## CHECK YOURSELF

**1.** Who calls a high priest to his office?

(A) He calls himself
(B) The people vote
(C) God calls him, as he called Aaron
(D) The angels choose him

**2.** What did the Son learn from what he suffered?

(A) Obedience
(B) Fear
(C) The law
(D) Patience with the angels

**3.** Who is solid food for?

(A) Infants
(B) The mature
(C) The angels
(D) The priests only

## TALK IT OVER

1. Jesus prayed with loud crying and tears. What does that teach us about prayer in hard times?

2. What would it look like for you to move from milk to solid food?

3. Verse 14 says the mature are trained "by constant practice." What practice is training you?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 5 TEACH?

☐ I listened to the song
☐ I can say what it teaches
☐ I can say 5:8–9 by heart
☐ I know the picture word

**Answers** Blanks: tears · obedience · solid · Check yourself: 1. C (v. 4) · 2. A (v. 8) · 3. B (v. 14)

CHAPTER

# 6

VI

## The warning, the oath, and the anchor

**Hebrews 6:1–20** · 20 verses · Song: “No Road Back”

*The picture: A great anchor whose rope runs up through a curtain into the holy place; Abraham under the stars hearing God’s oath.*



PICTURE WORD

**Anchor**

### THE CHAPTER IN BRIEF

*Don’t fall away. God swore an oath to Abraham. Our hope is an anchor that goes behind the curtain.*

**Remember it:** SIX: an anchor is shaped like a 6 hooked at the bottom.

### MEMORY VERSE

We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain…

Hebrews 6:19 · the author’s translation

### GREEK WORD

**ἄγκυραν**

*“anchor” · verse 19*

In Hebrews: once

Outside Acts 27, where sailors drop real anchors in a storm, this is the only anchor in the New Testament. Our hope is an anchor that does not drop down to the sea floor but goes up into heaven, “behind the curtain,” where Jesus has gone ahead of us as our forerunner (6:19–20).

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–3 | Leave the basics behind and move on to maturity. |
| 4–8 | The hard warning: those who fall away, and land that bears thorns. |
| 9–12 | Better things: God will not forget your love; imitate the faithful. |
| 13–20 | God’s promise and oath; hope as an anchor behind the curtain. |

### FROM THE OLD TESTAMENT

v. 13–14 ← Gen 22:16–17 God swears by himself: “I will surely bless you.”

### MY NOTES

**Listen.** Hear Hebrews 6 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/6**.

**The song: “No Road Back.”** Every verse of the chapter is sung.

Going to maturity · The hard warning · God’s oath to Abraham · Hope as an anchor

## FILL IN THE BLANKS

Don't fall away. God swore an _____ to Abraham. Our hope is an _____ that goes behind the _____.

## CHECK YOURSELF

**1.** What will God not forget?

- (A) Your sins
- (B) Your work and the love you have shown for his name
- (C) Your doubts
- (D) Your wealth

**2.** When God made his promise to Abraham, by whom did he swear?

- (A) By an angel
- (B) By Moses
- (C) By himself
- (D) By the temple

**3.** Where does our hope, the anchor, enter?

- (A) The bottom of the sea
- (B) The inner sanctuary behind the curtain
- (C) The city of Jericho
- (D) The court of the Gentiles

## TALK IT OVER

1. Verses 4 to 6 are hard. Why do you think the preacher follows them at once with "we are convinced of better things in your case"?

2. God gave both a promise and an oath. Why would he give two unchangeable things?

3. What storm is pulling at your anchor right now?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 6 TEACH?

- ☐ I listened to the song
- ☐ I can say 6:19 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

**Answers** Blanks: oath · anchor · curtain · Check yourself: 1. B (v. 10) · 2. C (v. 13) · 3. B (v. 19)

CHAPTER

# 7

VII

## Melchizedek, the priest-king

**Hebrews 7:1–28** · 28 verses · Song: "Melchizedek"

*The picture: Melchizedek, king and priest, bringing bread and wine to Abraham returning from battle; Abraham giving him a tenth.*



PICTURE WORD

**King**

### THE CHAPTER IN BRIEF

*Melchizedek, king of righteousness and peace, met Abraham. Jesus is a priest like him: forever, by an oath, always living to intercede.*

**Remember it:** SEVEN: the seventh chapter has the king; 7 looks like a crown tipped over.

### MEMORY VERSE

That is why he is able to save completely those who come to God through him, since he always lives to intercede for them.

Hebrews 7:25 · the author's translation

### GREEK WORD

ἱερεύς

*"priest" · verse 1*

In Hebrews: fourteen times, in 5 chapters

Melchizedek was "priest of God Most High" (Gen 14:18), a priest with no recorded beginning or end. Psalm 110:4 swears that the Messiah will be "a priest forever" in his order: not by descent from Levi, but "on the basis of the power of an indestructible life" (7:16).

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–3 | Melchizedek: king of righteousness and peace, a priest for all time. |
| 4–10 | Abraham gave him a tenth; the lesser is blessed by the greater. |
| 11–19 | A new priest from Judah, by the power of an indestructible life. |
| 20–25 | Made priest by an oath; he always lives to intercede. |
| 26–28 | Holy and blameless, he offered himself once for all. |

### FROM THE OLD TESTAMENT

v. 1–2 ← Gen 14:17–20 Melchizedek meets and blesses Abraham.

v. 17 ← Ps 110:4 "You are a priest forever."

v. 21 ← Ps 110:4 "The Lord has sworn and will not change his mind."

### MY NOTES

**Listen.** Hear Hebrews 7 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/7**.

**The song: "Melchizedek."** Every verse of the chapter is sung.

Melchizedek · A better priesthood · Made priest by an oath · Always living to intercede

## FILL IN THE BLANKS

Melchizedek, king of righteousness and _____, met Abraham. Jesus is a priest like him: _____, by an oath, always living to _____.

## CHECK YOURSELF

**1.** What does the name Melchizedek mean?

- (A) King of righteousness
- (B) Father of many
- (C) Prince of Egypt
- (D) Servant of God

**2.** Which tribe did our Lord descend from?

- (A) Levi
- (B) Benjamin
- (C) Judah
- (D) Dan

**3.** Why is Jesus able to save completely those who come to God through him?

- (A) He offers sacrifices every day
- (B) He always lives to intercede for them
- (C) He is a descendant of Aaron
- (D) He keeps the whole law for them

## TALK IT OVER

1. Jesus "always lives to intercede." What does it mean to you that he is praying for you now?

2. Why does it matter that Jesus became priest by an oath and not by family line?

3. Verse 25 says he saves "completely." Is there a part of your life you think is beyond saving?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 7 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 7:25 by heart
- ☐ I know the picture word

**Answers** Blanks: peace · forever · intercede · Check yourself: 1. A (v. 2) · 2. C (v. 14) · 3. B (v. 25)

CHAPTER

# 8

VIII

# The real tent and the new covenant

**Hebrews 8:1–13** · Thirteen verses · Song: "The True Tent"

*The picture: A desert tent that casts a shadow of a greater heavenly sanctuary above it; a heart with words written on it.*



PICTURE WORD

**Tent**

## THE CHAPTER IN BRIEF

*Jesus serves in the true tent in heaven; the earthly one was a shadow. God promised a new covenant written on hearts.*

**Remember it:** EIGHT: the tent and its shadow stacked like the two loops of an 8.

### MEMORY VERSE

This is the covenant I will make with the house of Israel after those days, says the Lord: I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.

Hebrews 8:10 · the author's translation

### GREEK WORD

διαθήκην

*"covenant" · verse 8*

In Hebrews: seventeen times, in 6 chapters

Hebrews uses this word more than any other book of the New Testament. It can also mean a will, and 9:16–17 plays on both senses: a will takes effect when someone dies. The new covenant of Jeremiah 31 is written on hearts and ends with sins God will never again remember.

## HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–2 | The main point: a seated high priest, minister of the true tent. |
| 3–5 | The earthly tent is a copy and shadow of the heavenly one. |
| 6–7 | Jesus mediates a better covenant, enacted on better promises. |
| 8–13 | Jeremiah 31: the new covenant; the old is aging and about to disappear. |

## FROM THE OLD TESTAMENT

v. 5 ← Exod 25:40 Make everything by the pattern shown on the mountain.

v. 8–12 ← Jer 31:31–34 The new covenant: laws on hearts, sins remembered no more.

## MY NOTES

**Listen.** Hear Hebrews 8 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/8**.

**The song: "The True Tent."** Every verse of the chapter is sung.

The true tent in heaven · Copy and shadow · The new covenant · The old growing old

## FILL IN THE BLANKS

Jesus serves in the true _____ in heaven; the earthly one was a _____.

God promised a new covenant written on _____.

## CHECK YOURSELF

**1.** Where is our high priest seated?

- (A) In the tent in the wilderness
- (B) At the right hand of the throne of the Majesty in heaven
- (C) In the temple in Jerusalem
- (D) On Mount Sinai

**2.** What is the earthly sanctuary?

- (A) The true tent
- (B) A copy and shadow of the heavenly one
- (C) Better than the heavenly one
- (D) A place for angels

**3.** In the new covenant, where will God write his laws?

- (A) On tablets of stone
- (B) On the doorposts
- (C) On their hearts
- (D) In a scroll

## TALK IT OVER

1. What is the difference between a law written on stone and a law written on the heart?

2. God says, "I will never again remember their sins." What does it mean for God not to remember?

3. The earthly tent was a shadow. What things in your life are shadows of something better?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 8 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 8:10 by heart
- ☐ I know the picture word

**Answers** Blanks: tent · shadow · hearts · Check yourself: 1. B (v. 1) · 2. B (v. 5) · 3. C (v. 10)

CHAPTER

# 9

IX

## Blood and the Most Holy Place

**Hebrews 9:1–28** · 28 verses · Song: "Behind the Curtain"

*The picture: The high priest entering the Most Holy Place with a bowl of blood before the ark, once a year; the cherubim above the mercy seat.*



PICTURE WORD

**Blood**

### THE CHAPTER IN BRIEF

*The high priest went in once a year with blood. Christ went into heaven once for all with his own blood.*

**Remember it:** NINE: nine holds a drop at the top, like a drop of blood.

### MEMORY VERSE

How much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, cleanse our conscience from dead works so that we may serve the living God!

Hebrews 9:14 · the author's translation

### GREEK WORD

**αἵματος**

*"blood" · verse 12*

In Hebrews: 21 times, in 6 chapters

Chapter 9 says it again and again: no entry without blood (9:7), no covenant without blood (9:18), no forgiveness without the shedding of blood (9:22). The difference is whose blood: not goats and calves, but "his own blood" (9:12), offered once for all, which cleanses the conscience.

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–5 | The tent and its furniture: the Holy Place and the Most Holy Place. |
| 6–10 | Once a year, with blood: the way in was not yet open. |
| 11–14 | Christ entered once for all by his own blood. |
| 15–22 | A new covenant put into effect with blood. |
| 23–28 | Into heaven itself, once for all; he will appear a second time. |

### FROM THE OLD TESTAMENT

v. 20 ← Exod 24:8 "This is the blood of the covenant."

### MY NOTES

**Listen.** Hear Hebrews 9 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/9**.

**The song: "Behind the Curtain."** Left out of the song: 9:23, 9:28 (partly). Read those verses in your Bible.

The tabernacle · Once a year with blood · Once for all by his own blood · A cleansed conscience

## FILL IN THE BLANKS

The high priest went in once a _____ with _____. Christ went into _____ once for all with his own blood.

## CHECK YOURSELF

**1.** How often did the high priest go into the second room?

- (A) Every day
- (B) Once a week
- (C) Only once a year
- (D) Never

**2.** By what blood did Christ enter the Most Holy Place?

- (A) The blood of goats and calves
- (B) His own blood
- (C) The blood of a heifer
- (D) No blood at all

**3.** Why will Christ appear a second time?

- (A) To deal with sin again
- (B) To offer himself again
- (C) To bring salvation to those eagerly waiting for him
- (D) To build a new tent

## TALK IT OVER

1. Why do you think God made the way into his presence so hard under the first covenant?

2. Verse 14 says Christ's blood cleanses "our conscience." What does a cleansed conscience feel like?

3. How should Christ's second appearing shape the way we wait?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 9 TEACH?

- ☐ I listened to the song
- ☐ I can say 9:14 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

**Answers** Blanks: year · heaven · blood · Check yourself: 1. C (v. 7) · 2. B (v. 12) · 3. C (v. 28)

CHAPTER

# 10

X

## He sat down; draw near; don't quit

**Hebrews 10:1–39** · 39 verses · Song: "Come Near"

*The picture: Priests standing at an altar day after day; Christ seated at God's right hand; an open door with people walking through.*



PICTURE WORD

**Seat**

### THE CHAPTER IN BRIEF

*The priests stood every day; Christ offered one sacrifice and sat down. So draw near, hold on, keep meeting, don't throw away your confidence.*

**Remember it:** TEN: a perfect ten, and he sat down because it was finished.

### MEMORY VERSE

Let us hold on firmly to the hope we confess, for the one who promised is faithful.

Hebrews 10:23 · the author's translation

### GREEK WORD

**ἐκάθισεν**

*"he sat down" · verse 12*

In Hebrews: four times, in 4 chapters

The priests stood every day, because their work was never finished, and the tent had no seat among its furniture. Christ offered one sacrifice for sins and sat down at God's right hand (10:12), as Psalm 110:1 said he would. A seated priest is a finished sacrifice.

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–4 | The law is a shadow; the blood of bulls and goats cannot take away sins. |
| 5–10 | Psalm 40: "I have come to do your will." |
| 11–18 | Priests stand daily; he sat down; sins remembered no more. |
| 19–25 | Draw near, hold on, spur one another on, keep meeting. |
| 26–31 | The second hard warning. |
| 32–39 | Remember the earlier days; don't shrink back. |

### FROM THE OLD TESTAMENT

v. 5–7 ← Ps 40:6–8 "A body you prepared for me" (Greek Old Testament).

v. 12–13 ← Ps 110:1 Waiting until his enemies are a footstool.

v. 16–17 ← Jer 31:33–34 Laws on hearts; sins remembered no more.

v. 30 ← Deut 32:35–36 "Vengeance is mine." "The Lord will judge his people."

v. 37–38 ← Hab 2:3–4 "My righteous one will live by faith."

**Listen.** Hear Hebrews 10 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/10**.

**The song: "Come Near."** Every verse of the chapter is sung.

One sacrifice for sins | He sat down | Draw near and hold on | The second hard warning | Don't shrink back

## FILL IN THE BLANKS

The priests _____ every day; Christ offered one sacrifice and _____ down. So draw near, hold on, keep meeting, don't throw away your _____.

## CHECK YOURSELF

**1.** What is impossible for the blood of bulls and goats?

- (A) To be offered
- (B) To take away sins
- (C) To be sprinkled
- (D) To be found

**2.** What did Christ do after offering one sacrifice for sins?

- (A) He stood every day
- (B) He sat down at the right hand of God
- (C) He offered another
- (D) He went back to Egypt

**3.** What should we not give up?

- (A) Offering sacrifices
- (B) Meeting together
- (C) Keeping the Sabbath feasts
- (D) Washing

## TALK IT OVER

1. "He sat down." How does a finished work change the way you come to God?

2. Verse 24 says to think about how to spur one another on. What spurs you on?

3. The readers once joyfully accepted the loss of their property. What gave them that joy?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 10 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say 10:23 by heart
- ☐ I know the picture word

**Answers** Blanks: stood · sat · confidence · Check yourself: 1. B (v. 4) · 2. B (v. 12) · 3. B (v. 25)

CHAPTER

# 11

XI

## The hall of faith

**Hebrews 11:1–40** · 40 verses · Song: "By Faith"

*The picture: A long hall of heroes: Abel with his lamb, Noah's ark, Abraham with a staff, Moses parting the sea, the walls of Jericho falling.*



PICTURE WORD

**Faith**

### THE CHAPTER IN BRIEF

*Faith is the solid ground of what we hope for. By faith Abel, Enoch, Noah, Abraham, Sarah, Moses, Rahab and many more.*

**Remember it:** ELEVEN: two pillars, 1 1, the columns of the hall of faith.

### MEMORY VERSE

Now faith is the solid ground of what we hope for, the proof of things we cannot see.

Hebrews 11:1 · the author's translation

### GREEK WORD

πίστις

*"faith" · verse 1*

In Hebrews: 32 times, in 6 chapters

In 11:1 faith is ὑπόστασις, "the solid ground" of what we hope for, the same word used of God's very "being" in 1:3. Faith is not wishing. It stands on what God has promised and acts on it, and "by faith" begins verse after verse through the chapter.

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–3 | What faith is: the solid ground of what we hope for. |
| 4–7 | Abel, Enoch and Noah; without faith it is impossible to please God. |
| 8–22 | Abraham, Sarah and the patriarchs looked for a better country. |
| 23–31 | Moses, the Red Sea, Jericho and Rahab. |
| 32–40 | Many more: approved through faith, made perfect with us. |

### FROM THE OLD TESTAMENT

v. 5 ← Gen 5:24 Enoch could not be found, because God had taken him.

v. 18 ← Gen 21:12 "Through Isaac your offspring will be reckoned."

v. 21 ← Gen 47:31 Jacob worshiped, leaning on his staff (Greek Old Testament).

### MY NOTES

**Listen.** Hear Hebrews 11 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/11**.

**The song: "By Faith."** Left out of the song: 11:15, 11:38, 11:39, 11:40. Read those verses in your Bible.

What faith is | The heroes of faith | Looking for a better country | Not perfected without us

## FILL IN THE BLANKS

Faith is the solid _____ of what we hope for. By faith Abel, Enoch, Noah,

_____, Sarah, Moses, _____ and many more.

## CHECK YOURSELF

**1.** Without what is it impossible to please God?

(A) Sacrifice
(B) Faith
(C) Riches
(D) The law

**2.** What city was Abraham looking forward to?

(A) Jericho
(B) Ur
(C) The city with foundations, whose architect and builder is God
(D) Egypt

**3.** What did Moses consider greater wealth than the treasures of Egypt?

(A) The reproach of Christ
(B) The land of promise
(C) The Red Sea
(D) His staff

## TALK IT OVER

1. Faith is "the proof of things we cannot see." What do you trust that you cannot see?

2. Many of these people "died in faith without receiving the things promised." How do you keep faith when the promise is far off?

3. Which person in this chapter is most like you, and why?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 11 TEACH?

☐ I listened to the song
☐ I can say what it teaches
☐ I can say 11:1 by heart
☐ I know the picture word

**Answers** Blanks: ground · Abraham · Rahab · Check yourself: 1. B (v. 6) · 2. C (v. 10) · 3. A (v. 26)

CHAPTER

# 12

XII

# The race, the Father's discipline, and the mountain

**Hebrews 12:1–29** · 29 verses · Song: "A Great Cloud"

*The picture: A runner in a stadium, a cloud of witnesses in the stands, eyes fixed on Jesus at the finish; behind, a dark smoking mountain and a bright city on a hill.*



PICTURE WORD

**Race**

## THE CHAPTER IN BRIEF

*Run the race with endurance, eyes on Jesus. God disciplines his children. You have not come to Sinai but to Zion.*

**Remember it:** TWELVE: twelve laps of the race, twelve tribes in the stands.

### MEMORY VERSE

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, despising its shame, and has sat down at the right hand of the throne of God.

Hebrews 12:2 · the author's translation

### GREEK WORD

**ὑπομονῆς**

*"endurance" · verse 1*

In Hebrews: twice, in 2 chapters

The word pictures staying under a heavy load without throwing it off. The race of 12:1 is not a sprint but a long run. Jesus "endured" the cross (12:2), and the Father's discipline trains his children to endure (12:7): both use the verb from the same root. Endurance is faith holding on over time.

## HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–3 | Run the race with endurance, eyes on Jesus. |
| 4–13 | The Father disciplines the children he loves. |
| 14–17 | Pursue peace and holiness; the warning of Esau. |
| 18–24 | Not Mount Sinai, but Mount Zion and the city of God. |
| 25–29 | Do not refuse him: a kingdom that cannot be shaken. |

## FROM THE OLD TESTAMENT

v. 5–6 ← Prov 3:11–12 The Lord disciplines the one he loves.

v. 12 ← Isa 35:3 Strengthen drooping hands and weak knees.

v. 13 ← Prov 4:26 Make straight paths for your feet.

v. 20 ← Exod 19:12–13 Even an animal that touches the mountain.

v. 21 ← Deut 9:19 "I am trembling with fear."

v. 26 ← Hag 2:6 "Once more I will shake the heavens."

v. 29 ← Deut 4:24 Our God is a consuming fire.

**Listen.** Hear Hebrews 12 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/12**.

**The song: "A Great Cloud."** Left out of the song: 12:8, 12:20, 12:25, 12:26, 12:27, 12:28, 12:29. Read those verses in your Bible.

Run the race · The Father's discipline · Not Sinai but Zion · An unshakable kingdom

## FILL IN THE BLANKS

Run the race with _____, eyes on Jesus. God _____ his children. You have not come to Sinai but to _____.

## CHECK YOURSELF

**1.** What surrounds us as we run?

(A) A great cloud of witnesses
(B) A wall of fire
(C) Many angels with swords
(D) The tribes of Israel

**2.** Why does the Lord discipline us?

(A) Because he is angry
(B) Because he loves us and treats us as sons
(C) Because we are not his
(D) Because of the law

**3.** What did Esau sell his birthright for?

(A) Thirty pieces of silver
(B) A field
(C) A single meal
(D) His father's blessing

## TALK IT OVER

1. What "weight" do you need to lay aside to run well?

2. How have you seen God's discipline yield "the peaceful fruit of righteousness"?

3. Compare Sinai and Zion in verses 18 to 24. Which one do you tend to picture when you come to God?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 12 TEACH?

☐ I listened to the song
☐ I can say what it teaches
☐ I can say 12:2 by heart
☐ I know the picture word

**Answers** Blanks: endurance · disciplines · Zion · Check yourself: 1. A (v. 1) · 2. B (vv. 6–7) · 3. C (v. 16)

CHAPTER

# 13

XIII

## Love, the same Jesus, outside the gate

**Hebrews 13:1–25** · 25 verses · Song: "Never Leave You"

*The picture: A table where strangers are welcomed, one of them an angel unawares; a city gate with a cross outside it.*



PICTURE WORD

**Gate**

### THE CHAPTER IN BRIEF

*Keep loving. Welcome strangers. Jesus Christ is the same yesterday, today and forever. Go to him outside the camp.*

**Remember it:** THIRTEEN: the last chapter is the gate out into ordinary life.

### MEMORY VERSE

Jesus Christ is the same yesterday and today and forever.

Hebrews 13:8 · the author's translation

### GREEK WORD

πύλης

*"gate" · verse 12*

In Hebrews: once

The bodies of the sin-offering animals were burned outside the camp (Lev 16:27). So Jesus suffered outside the city gate, and the call is to go out to him there, bearing the reproach he bore (13:12–13). The gate leads away from the safe city to the place where Jesus is.

### HOW THE CHAPTER MOVES

| | |
|---|---|
| 1–6 | Love, hospitality, marriage and contentment. |
| 7–9 | Remember your leaders; Jesus Christ is the same forever. |
| 10–16 | Outside the gate: a sacrifice of praise and doing good. |
| 17–19 | Obey your leaders; pray for us. |
| 20–25 | The God of peace: the blessing and the farewell. |

### FROM THE OLD TESTAMENT

v. 5 ← Deut 31:6 "I will never leave you; I will never forsake you."

v. 6 ← Ps 118:6 "The Lord is my helper; I will not be afraid."

### MY NOTES

**Listen.** Hear Hebrews 13 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/13**.

**The song: "Never Leave You."** Every verse of the chapter is sung.

Love and hospitality · Jesus the same forever · Outside the gate · A sacrifice of praise · The benediction

## FILL IN THE BLANKS

Keep loving. Welcome _____. Jesus Christ is the _____ yesterday, today and forever. Go to him outside the _____.

## CHECK YOURSELF

**1.** Some who showed hospitality to strangers welcomed whom without knowing it?

- (A) Prophets
- (B) Kings
- (C) Angels
- (D) Their own brothers

**2.** Why can we be content with what we have?

- (A) Because money will come later
- (B) Because he has said, "I will never leave you"
- (C) Because the leaders will provide
- (D) Because this city will last

**3.** What sacrifice should we offer to God continually?

- (A) Bulls and goats
- (B) A sacrifice of praise
- (C) Bread of the Presence
- (D) A tenth of the spoils

## TALK IT OVER

1. Which of the instructions in verses 1 to 6 is hardest for you right now?

2. "Jesus Christ is the same yesterday and today and forever." Where do you need something that does not change?

3. What would it mean for you to go out to Jesus "outside the camp" this week?

## IN YOUR OWN WORDS: WHAT DOES HEBREWS 13 TEACH?

- ☐ I listened to the song
- ☐ I can say 13:8 by heart
- ☐ I can say what it teaches
- ☐ I know the picture word

**Answers** Blanks: strangers · same · camp · Check yourself: 1. C (v. 2) · 2. B (v. 5) · 3. B (v. 15)

# The Old Testament in Hebrews

Hebrews is built out of the Old Testament: the Psalms above all, then Genesis, Exodus, Deuteronomy, Jeremiah and the Prophets. Here are the quotations noted in this workbook. Read them in full where they stand; the preacher assumes you know them.

| Hebrews | Quotes | |
|---|---|---|
| 1:5 | Ps 2:7 | God calls the king his Son. |
| 1:5 | 2 Sam 7:14 | The promise to David's son. |
| 1:6 | Deut 32:43 | The angels told to worship him (Greek Old Testament). |
| 1:7 | Ps 104:4 | Angels are winds and flames: servants. |
| 1:8–9 | Ps 45:6–7 | The Son addressed as God, with a throne forever. |
| 1:10–12 | Ps 102:25–27 | The Lord who made the earth and remains. |
| 1:13 | Ps 110:1 | "Sit at my right hand." |
| 2:6–8 | Ps 8:4–6 | Man crowned with glory and honor. |
| 2:12 | Ps 22:22 | "I will declare your name to my brothers." |
| 2:13 | Isa 8:17 | "I will put my trust in him." |
| 2:13 | Isa 8:18 | The children God has given me. |
| 3:2, 5 | Num 12:7 | Moses faithful in all God's house. |
| 3:7–11 | Ps 95:7–11 | "Today, if you hear his voice." |
| 3:15 | Ps 95:7–8 | The warning said again. |
| 4:3, 5 | Ps 95:11 | "They will never enter my rest." |
| 4:4 | Gen 2:2 | God rested on the seventh day. |
| 4:7 | Ps 95:7–8 | Another day, called "Today." |
| 5:5 | Ps 2:7 | "You are my Son." |
| 5:6 | Ps 110:4 | A priest forever, in the order of Melchizedek. |
| 6:13–14 | Gen 22:16–17 | God swears by himself: "I will surely bless you." |
| 7:1–2 | Gen 14:17–20 | Melchizedek meets and blesses Abraham. |
| 7:17 | Ps 110:4 | "You are a priest forever." |
| 7:21 | Ps 110:4 | "The Lord has sworn and will not change his mind." |
| 8:5 | Exod 25:40 | Make everything by the pattern shown on the mountain. |
| 8:8–12 | Jer 31:31–34 | The new covenant: laws on hearts, sins remembered no more. |
| 9:20 | Exod 24:8 | "This is the blood of the covenant." |
| 10:5–7 | Ps 40:6–8 | "A body you prepared for me" (Greek Old Testament). |
| 10:12–13 | Ps 110:1 | Waiting until his enemies are a footstool. |
| 10:16–17 | Jer 31:33–34 | Laws on hearts; sins remembered no more. |
| 10:30 | Deut 32:35–36 | "Vengeance is mine." "The Lord will judge his people." |
| 10:37–38 | Hab 2:3–4 | "My righteous one will live by faith." |
| 11:5 | Gen 5:24 | Enoch could not be found, because God had taken him. |
| 11:18 | Gen 21:12 | "Through Isaac your offspring will be reckoned." |
| 11:21 | Gen 47:31 | Jacob worshiped, leaning on his staff (Greek Old Testament). |

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| 12:5–6 | Prov 3:11–12 | The Lord disciplines the one he loves. |
| 12:12 | Isa 35:3 | Strengthen drooping hands and weak knees. |
| 12:13 | Prov 4:26 | Make straight paths for your feet. |
| 12:20 | Exod 19:12–13 | Even an animal that touches the mountain. |
| 12:21 | Deut 9:19 | "I am trembling with fear." |
| 12:26 | Hag 2:6 | "Once more I will shake the heavens." |
| 12:29 | Deut 4:24 | Our God is a consuming fire. |
| 13:5 | Deut 31:6 | "I will never leave you; I will never forsake you." |
| 13:6 | Ps 118:6 | "The Lord is my helper; I will not be afraid." |

# My Hebrews tracker

Tick a chapter when you can say what it teaches and its picture word without looking.

| | | | |
|---|---|---|---|
| 1 Throne ☐ | 2 Brother ☐ | 3 House ☐ | 4 Rest ☐ |
| 5 Tears ☐ | 6 Anchor ☐ | 7 King ☐ | 8 Tent ☐ |
| 9 Blood ☐ | 10 Seat ☐ | 11 Faith ☐ | 12 Race ☐ |
| 13 Gate ☐ | | | |

## PASSAGES TO KNOW BY HEART

The ten passages the Hebrews by Heart app drills. Tick each one when you can say it without looking.

| | | | | |
|---|---|---|---|---|
| 1:1–4 ☐ | 2:14–18 ☐ | 4:12–16 ☐ | 7:25 ☐ | 10:19–25 ☐ |
| 11:1–3 ☐ | 12:1–3 ☐ | 13:5–6 ☐ | 13:8 ☐ | 13:20–21 ☐ |

## A NOTE ON THE SONGS

Each song is a dynamic equivalent of its chapter, a broad summary made to help you remember what is generally there. It is not a perfect preservation of everything in Hebrews and does not try to be. Where a song knowingly leaves a verse out, its lesson says so at the foot of the first page. Read the chapter itself to receive the full meaning of God's word.

# The story behind the work

In ninth grade I was kicked out of school and essentially homeless. I got on my knees and cried out to Jesus, and God heard me from heaven. That day He called me, and I received the Holy Spirit. Since then I have studied the Scriptures in Greek and Hebrew (B.Th., M.Div., and now a PhD in Bible Exposition). Hebrews was written to tired believers who needed to see Jesus again, and I have translated it from the Greek, read it aloud and set every chapter to song so that it can be carried by heart. I pray this workbook helps you hear it, remember it and live it.

**Dr. P. O. Whitehorn**

*"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8*

**Hebrews by Heart** on the App Store and Google Play.
Every chapter free to hear at **ispress.de/hebrews/songs**.
This workbook and every lesson: **ispress.de/hebrews/workbook**