

# Hebrews *Moving Forwards*

## 5. Forwards and Backwards

### *Hebrews 10.19-39*

**Aim of the study:** To think about the highs and lows in our Christian lives, and consider how we can keep persevering through them.

To start with :

*(Note to leader: use one or more of these questions as 'extended icebreakers' - to get people talking about their faith. They may take longer than a normal icebreaker.)*

- What's the best thing about being a Christian? What's the hardest thing?
- What things discourage or encourage you in your faith?
- Draw something that represents your Christian life so far - it could be a picture, a timeline, a graph etc. What have been the high points and low points? How did you get through the low points?

**Studying the text:**

*Read Hebrews 10.19-39.*

1. What are we encouraged to do to help us persevere in our faith? (verses 22-25 and 35-39)
2. What benefits do you get out of meeting regularly with other Christians? How would your Christian life be different if you didn't?

3. Verses 26-31 talk about some Christians who walk away from their faith. What things do you think most commonly cause Christians to give up their faith?
4. What would you say to help a Christian who was thinking of giving up their faith?
5. What kind of outward characteristics would you expect of a Christian who is confident and fully assured of his or her faith as described in verses 19-23?
6.
  - a. Who has helped you be more 'confident and fully assured of our faith'?
  - b. How could we practically help each other be more like this?

**Reflect and pray:**

- Spend some time thanking God for his faithfulness and consistency throughout our lives, and for the support he puts/has put around us. Ask him to help us persevere in all situations.
- Pray for anyone you know who:
  - is struggling in their faith
  - has a difficult situation that makes life hard at the moment

