

Hebrews 13:9 | THE STRENGTHENED HEART

LifeGroup Questions from 18.11.2018 sermon

Read Hebrews 13:1-9

Quick Recap

- i. According to the Bible, what is the heart?

Context

- ii. What is the book of Hebrews all about? How would you summarise the main message of Hebrews in a few words?

Digging deeper

- iii. Read out Jude 12. What does the phrase 'carried away' mean in Hebrews 13:9?
- iv. What does 'strange' mean in v9 and what were the strange teachings the Hebrew Christians were in danger of being carried away by?
- v. What is the sense of the word 'strengthened' and what phrase does it contrast with in v9?
- vi. Come up with a definition of grace which you could explain to a nonChristian in under a minute.

Applying to ourselves

- vii. When we are feeling weak or scared, or we want spiritual benefit, what are we often tempted to strengthen our hearts with? (Because it is unlikely to be Judaistic dietary practices!)
- viii. To strengthen our hearts we need to rehearse, recite and remind ourselves of grace—we need to believe all the beauty of grace and what it means for us. Finish your session by sharing what grace means to you.