

## Pause Group - Hebrews 10: 1-18

Begin your time together by sharing highs and lows from the past week. Pray together with gratitude for the joys of the week in the lives of your group members and the world. Pray for those dealing with struggles. Pray for the worlds struggles.

**Study Questions:** Address the questions your group desires

1. What stood out to you in the readings from the *Hebrews for Everyone* book this week? (pages 105-114)
2. Are you ever reluctant to join others in worship? Why or why not?
3. Read Hebrews 10:1-18. The problem with the sacrifices and offerings of the old covenant, says Hebrews, wasn't that they were physical, "earthly" in that sense. After all, Jesus' own sacrifice was just as earthly and physical as the animal sacrifices in the temples. What was the problem instead? (vv. 1-4)
4. How does the use of Psalm 50 in verses 5-10 point to something new and better?
5. For much of the world, and for much of history, the act of sitting down (v.12) meant that you had finished your work. Most people stood to work and sat down to rest. That is the contrast being made between the work of the priests in the old covenant who stood to make sacrifices in the temple and the work of Jesus in the new covenant who sat down at the right hand of God. (vv.11-18)
  - What comfort is it to you that Jesus has sat down at the right hand of God?
6. On pages 112 and 113, Wright talks about Holy Communion and what it means. What is your understanding of Holy Communion and what does it mean to you?

**Closing prayer – The following prayer is a prayer from the 14<sup>th</sup> century that many have said after receiving Holy Communion. While you haven't received Holy Communion as part of today's study, please pray it to end today's session and consider saying after the next time you receive Communion.**

**Soul of Christ, sanctify me.**

**Body of Christ, save me.**

**Blood of Christ, fill me.**

**Water from the side of Christ, wash me.**

**Passion of Christ, strengthen me.**

**O good Jesus, hear me.**

**Hide me within your wounds.**

**Do not allow me to be separated from you.**

**From the malicious enemy defend me.**

**In the hour of death call me**

**and bid me come to you that**

**I may praise you for ever and ever.**

**Amen.**