

## Pause Group - Hebrews 11:1-12

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 126-134)
2. Who are your spiritual heroes, strong believers who have faced difficult things faithfully? What about them is so encouraging?
3. Explain how faith and hope are linked, as described in Hebrews 11:1?
4. What do we learn about faith through Abel and Enoch in 11:4-6?
5. Hebrews wants its readers to learn that faith is not a general religious attitude to life. It is not simply believing difficult or impossible things for the sake of it. So what do we learn about what faith really is from Noah, Abraham and Sarah in 11:7-12?
6. Hebrews mentions a city for the first time in verse 10. This emerges as a main theme in the last chapters of Hebrews. In light of God's promises to Abraham and the kind of life he led, what is meant by the city mentioned here?
7. How does this city relate to the topic of faith that has been under discussion?

**Closing prayer – The prayers below are from the Evangelical Lutheran Worship book (the hymnal we use). The left side for a group that meets in the morning. The right side for a group that meets in the afternoon or evening.**

Morning

O Lord, I cry to you for help.  
In the morning my prayer comes before you.  
Let my mouth be full of your praise  
and your glory all the day long.  
Every day will I bless you,  
and praise your name forever and ever.  
Awesome things will you show us in your  
righteousness, O God of our salvation,  
O hope of all the ends of the earth and of the seas  
that are far away.  
Bless the Lord, O my soul,  
and all that is within me, bless God's holy name.  
You redeem my life from the grave,  
and crown me with mercy and steadfast love.  
Lord, hear my prayer,  
and let my cry come before you.

~Amen

Afternoon/Evening

Show us your mercy, O God,  
and grant us your salvation.  
Give us the joy of your saving help again,  
and sustain us with your bountiful Spirit.  
Give peace in all the world;  
for only in you can we live in safety.  
Keep the nations under your care,  
and guide us in the way of justice and truth.  
Let your way be known upon earth;  
your saving health among all nations.  
Let not the needy be forgotten,  
nor the hope of the poor be taken away.  
Create in me a clean heart, O God,  
and sustain me with your Holy Spirit.  
Lord, hear my prayer,  
and let my cry come before you.

~Amen