

Hebrews Bible Study Workbook

A 14-Week Journey Through the Book of Hebrews

Participant Name: _____

Faith Progress Journal – Beginning

Where am I in my relationship with God right now?

What do I hope to learn or experience through this study?

One area I want to grow in during this study is:

A verse or truth I want to hold onto during this study:

Emotionally and spiritually, I am...

☐ Struggling ☐ Curious ☐ Hopeful ☐ Growing ☐ On Fire

I need...

Week 1: Hebrews Chapter 1

Theme: Jesus is greater than the angels.

Chapter Summary

Hebrews 1 establishes the superiority of Jesus over all previous revelation, including prophets and angels. Jesus is the radiance of God's glory and the exact representation of His being. He sits at the right hand of God, having provided purification for sins.

Main Points

- God has spoken fully and finally through His Son, Jesus.
- Jesus is superior to angels and is the exact representation of God's being.
- Jesus reigns at the right hand of God, exalted above all.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. How did God speak to His people in the past, and how is that different from how He speaks now?

2. What do verses 2-3 tell us about who Jesus is?

3. Why is Jesus greater than the angels? Why did the author make this distinction?

4. How do the Old Testament quotes affirm Jesus' superiority?

5. What does it mean that Jesus sat down at God's right hand?

Life and Faith Application Questions

1. How does knowing God speaks through Jesus impact the way you approach your faith?

2. Where in your life do you need to trust Jesus' sustaining power more deeply?

3. What would it look like for you to honor Jesus as the exalted Son of God this week?

4. "Lesser things, if allowed more focus, can take a greater place than the thing that's more important." - Are there ways you've unintentionally made Jesus seem "less" than He truly is?

5. How can this chapter help you worship Jesus with a bigger view of who He is?

Week 1 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 2: Hebrews Chapter 2

Theme: Jesus, the Merciful High Priest.

Chapter Summary

Chapter 2 emphasizes the importance of paying attention to the gospel message and not drifting away. It explains why Jesus became fully human: to suffer, to conquer death, and to help those who are tempted. It highlights Jesus as our merciful and faithful high priest.

Main Points

- We must pay close attention to the message of Christ so we don't drift away.
- Jesus became human to defeat death and help us in our weaknesses.
- He is our compassionate high priest who helps us in temptation.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What warning does this chapter give about drifting away from the gospel, neglecting our salvation?

2. Why did Jesus become human (“lower than the angels”), according to v. 9-10?

3. How did Jesus defeat the power of death?

4. Why is it important to Jesus calls us His brothers and sisters?

5. How does Jesus act as our faithful and merciful high priest?

Life and Faith Application Questions

1. Are there ways that you have drifted in your spiritual walk? What would help anchor you down? How can you return?

2. How does knowing Jesus fully understands your struggles bring you comfort?

3. What does it mean to you that Jesus is not ashamed of you?

4. In what areas of life do you need Jesus' help right now?

5. How does Jesus' victory over death affect your fears and perspective? How can you live more boldly knowing this truth?

Week 2 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 3: Hebrews Chapter 3

Theme: Jesus is greater than Moses.

Chapter Summary

Chapter 2 compares Jesus to Moses and warns believers not to harden their hearts as Israel did in the wilderness. It emphasizes the importance of perseverance and daily encouragement to stay faithful to Christ.

Main Points

- Jesus is greater than Moses in God's house.
- Believers must guard against hard hearts and unbelief.
- Daily encouragement helps us stay faithful to Christ.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. How is Jesus compared to Moses in this chapter?

2. What does it mean that we are God's house, according to v. 6?

3. What warning against unbelief is given from the example of Israel in the wilderness?

4. Why did God become angry with the Israelites in the wilderness?

5. What are we encouraged to do for each other in v. 13?

Life and Faith Application Questions

1. What does it look like for you to stay confidence and faithful (“hold firmly to your confidence in Christ”) in your relationship with Jesus?

2. Who in your life might need encouragement today to keep going in faith? How can you encourage them?

3. Are there areas where unbelief is creeping into your thoughts or decisions; where you are struggling to believe God’s promises?

4. What habits can help you remain faithful when it’s easy to drift? How do you guard your heart from becoming hardened by sin or doubt?

5. What spiritual practices can help you stay steady when your faith feels weak? How can reflecting on Jesus’ faithfulness encourage you in your current season?

Week 3 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

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Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 4: Hebrews Chapter 4

Theme: Jesus offers us true rest.

Chapter Summary

Chapter 4 stresses the importance of entering God's rest through faith and obedience. God's promise of rest still stands. Believers are encouraged to enter that rest by faith and obedience. It describes the Word of God as living and active. Jesus, our high priest, sympathizes with our weaknesses and invites us to draw near to the throne of grace.

Main Points

- God's rest is still available for those who believe.
- God's Word exposes the heart.
- Jesus is our compassionate high priest who invites us to the throne of grace.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What kind of “rest” is Hebrews talking about here?

2. Why didn’t some of God’s people experience his rest?

3. What does v. 12 say about the Word of God? What stands out to you about how powerful God’s Word is?

4. How does it help to know Jesus understands our weaknesses?

5. What does it mean to come boldly to God’s throne of grace (v. 16)?

Life and Faith Application Questions

1. How can you be intentional about entering into God's rest? What does this look like for you today?

2. Are there areas in your life where you're relying on your own efforts (works) instead of God's promises (faith)?

3. How does the power of God's Word challenge or encourage you today? How has God's Word spoken directly to your heart recently?

4. Where do you need to approach God's throne to experience God's mercy or grace?

5. How does it feel to know Jesus really gets what you're going through? How does His empathy for your weaknesses bring you comfort?

Week 4 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 5: Hebrews Chapter 5

Theme: Jesus is our compassionate High Priest.

Chapter Summary

In Chapter 5, the role of high priest is explored, highlighting how Jesus, appointed by God, is the perfect high priest in the order of Melchizedek. The chapter ends with a call for spiritual maturity, lamenting the readers' immaturity.

Main Points

- High priests are chosen to represent people before God.
- Jesus learned obedience through suffering and become our eternal High Priest.
- The audience is rebuked for spiritual immaturity and dull hearing.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What were the responsibilities of a high priest?

2. How is Jesus different from other priests?

3. What does it mean that Jesus “learned obedience through suffering”? Why is that important?

4. What does it mean that Jesus become the source of eternal salvation? How did He do that?

5. What is the author’s concern about the reader’s spiritual maturity? Why does it say the readers should be more mature in their faith by now?

Life and Faith Application Questions

1. Are you moving forward in your faith or staying where you started? Are you growing in spiritual maturity or remaining stuck in the basics?

2. How has God used difficult seasons to grow your obedience or faith? What lessons has He taught you through times of suffering?

3. What can you learn from Jesus' obedience that applies to your life right now? How can His example help you in your own obedience to God?

4. In what ways can you become more rooted in God's Word? What is one step you can take to grow deeper in Scripture this week?

5. Who around you could use your encouragement or guidance in their walk with God?

Week 5 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 6: Hebrews Chapter 6

Theme: Warnings and Encouragement/God's promises are trustworthy and sure.

Chapter Summary

In chapter 6, believers are called to press on toward maturity, and a sobering warning is given against falling away from the faith. This is followed by encouragement of hope through God's unchangeable promises. His promises are sure, and hope in Christ is described as an anchor for the soul, pointing to the certainty of God's faithfulness.

Main Points

- Move beyond elementary teachings, press on to maturity
- A serious warning: falling away leads to judgment.
- God's promises are trustworthy—our hope is anchored in Christ.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. Why does the writer say it's time to grow up in our faith? Why does he urge the readers to move beyond elementary teachings?

2. What warning is given about falling away? Why is this a serious issue here?

3. How does the author encourage readers regarding their past faithfulness and love for others?

4. Why does the promise to Abraham matter for us now?

5. What kind of hope anchors your soul in hard times?

Life and Faith Application Questions

1. Are you actively growing in faith or remaining in spiritual infancy? What areas of your faith needs to grow or mature?

2. What's your gut reaction to passages that have difficult warnings in Scripture, like this one?

3. In what ways has God shown you His faithfulness? How has He kept His promises in your life so far?

4. What helps you hold onto hope during uncertain seasons, when life feels shaky?

5. Who around you could use a reminder of God's faithfulness? Who needs encouragement to persevere?

Week 6 Check-In

How did your relationship with God go this week?

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What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 7: Hebrews Chapter 7

Theme: Jesus is our eternal High Priest like Melchizedek.

Chapter Summary

In chapter 7, the mysterious priest Melchizedek is explained as a type of Christ. Unlike the Levitical priests, Jesus' priesthood is eternal and brings a better hope. He is able to save completely because He always lives to intercede for us.

Main Points

- Melchizedek is foreshadowing of Christ's eternal priesthood.
- Jesus' priesthood is superior to the Levitical (law) system.
- Christ is the perfect, forever intercessor for His people.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. Who was Melchizedek and why is he significant?

2. What does it mean that Jesus is a priest like Melchizedek?

3. Why is Jesus' priesthood better than the old one under the law?

4. What makes Jesus the perfect High Priest, better than anyone else could be?

5. How does Jesus' eternal priesthood benefit believers? How does it help you today?

Life and Faith Application Questions

1. What does it mean to you that Jesus is always praying for you? How does His ongoing intercession give you confidence?

2. How does Jesus' eternal role affect your relationship with God?

3. Are you leaning on Jesus to help you draw near to God, as the mediator, or going at it alone?

4. What does it look like to rest in the finished work of Christ? How can you trust more in what Jesus has already done for you?

5. Who needs to hear that Jesus can represent them before God today? How can you share the confidence of Jesus' priesthood with someone else?

Week 7 Check-In

How did your relationship with God go this week?

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Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 8: Hebrews Chapter 8

Theme: Jesus brings a better covenant.

Chapter Summary

Chapter 8 tells us that Jesus is the mediator of a new and better covenant, based on better promises. The old covenant is obsolete. The new covenant involves God's law written on hearts and complete forgiveness of sins.

Main Points

- Jesus serves as High Priest in the true, heavenly sanctuary.
- He mediates a better covenant, founded on better promises.
- The old covenant is obsolete and replaced by the new.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What is Jesus doing for us in heaven now, as our high priest?

2. Why was a new covenant necessary? Why did we need a new way to relate to God?

3. What are the key promises of the new covenant? How is it different from the old covenant?

4. What does God say He will do with our sins under the new covenant?

5. How does God's promise of total forgiveness impact you?

Life and Faith Application Questions

1. Do you believe God has truly forgiven your sins?

2. How can you embrace the new covenant personally? What does it look like to live like you're really forgiven?

3. What does it mean to have God's truth in your heart?

4. Does knowing Jesus is ministering for you in heaven give you peace?

5. How can you live more fully in the freedom of forgiveness?

Week 8 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

Notes

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Week 9: Hebrews Chapter 9

Theme: Christ's blood gives us eternal redemption.

Chapter Summary

Chapter 9 contrasts the earthly tabernacle with the heavenly one. Jesus entered the greater, perfect tabernacle with His own blood, securing eternal redemption. His sacrifice cleanses our conscience, unlike the old sacrifices. Jesus' sacrifice was superior, providing true access to God.

Main Points

- Earthly tabernacle and sacrifices pointed to a greater reality.
- Jesus entered the heavenly sanctuary with His own blood.
- His once-for-all sacrifice brings true redemption and cleanses the conscience.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What were the parts of the earthly tabernacle and what did they represent?
Why did it matter?

2. How does Jesus' entrance into the heavenly sanctuary differ from the old system?

3. Why is His sacrifice said to be once for all? Why is this important?

4. What does Christ's blood accomplish for us?

5. What does this chapter say about what happens after we die?

Life and Faith Application Questions

1. How does knowing Christ died once for all affect your assurance in salvation?

2. Is there guilt or shame, or any other part of your conscience, that you need to let Jesus cleanse?

3. How does it change your life to know Jesus paid for your sins completely?
How can you live in the freedom Jesus offers through His blood?

4. What does it mean to serve the living God? How can you live in a way that serves God more fully?

5. What does it look like to be ready for eternity?

Week 9 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 10: Hebrews Chapter 10

Theme: Draw near to God with confidence.

Chapter Summary

Chapter 10 emphasizes that the law was only a shadow; Jesus' sacrifice is the reality. He offered Himself once for all and sat down at God's right hand. The chapter ends with a call to persevere in faith and warns against deliberately continuing in sin.

Main Points

- The law was only a shadow; Jesus' sacrifice is sufficient.
- Believers are called to draw near, hold fast, and stir up one another.
- A warning: deliberate sin after knowing the truth brings judgment.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. Why were the old sacrifices repeated year after year?

2. How is Christ's sacrifice different from the old ones?

3. What invitation is given in verses 19-22? What does this mean?

4. What warning is given in verses 26-31? Why is that dangerous?

5. How are believers encouraged to endure suffering and persecution?

Life and Faith Application Questions

1. Are you living as someone made holy by Christ's sacrifice?

2. What helps you feel close to God? How can you draw near to God more confidently this week?

3. Is there a sin you're justifying that you need to repent of? Is there something you need to turn from to stay faithful to Jesus?

4. Who can you encourage this week in their walk with God?

5. What truth in this chapter helps you stay faithful during hard times?

Week 10 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 11: Hebrews Chapter 11

Theme: “The Hall of Faith”: Faith is the assurance of things hoped for.

Chapter Summary

Chapter 11 is a famous chapter outlining examples of faith from Abel to the prophets. Each one trusted God, even without receiving the full promise. Faith is defined as confidence in what we hope for and assurance about what we do not see.

Main Points

- Faith in confidence in the unseen, rooted in God’s promise.
- Heroes of faith acted in obedience, even without receiving the full promise.
- God commends those who live by faith, looking ahead to better.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. How is faith defined in verse 1?

2. Who are some of the individuals listed as examples of faith? Is there anyone from this list that stands out to you?

3. What challenges did these people face while trusting God?

4. Why didn't these faithful people see all the promises come true yet?

5. What does this chapter teach about God's view of faith?

Life and Faith Application Questions

1. Where in your life do you need to trust God more right now? Where is He calling you to trust Him even when you can't see the outcome?

2. Which example of faith in this chapter encourages you the most? Is there a story of faith that you relate to in this chapter?

3. What promise of God are you stilling on in faith?

4. How can you keep your eyes on the heavenly reward, living like your real home is in heaven?

5. What would it look like to live with this kind of faith daily? What is one small step of faith you can take this week?

Week 11 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 12: Hebrews Chapter 12

Theme: Run the race with endurance.

Chapter Summary

Chapter 12 encourages endurance, discipline, and fixing our eyes on Jesus in life's race. Believers are called to run the race with perseverance, fixing their eyes on Jesus. Discipline from God is seen as a sign of His love. The chapter contrasts Mount Sinai (law) with Mount Zion (grace), urging gratitude and reverence.

Main Points

- Run your race with endurance, looking to Jesus.
- God disciplines His children out of love for their good.
- Respond with gratitude and worship—God is a consuming fire.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What does it mean to “run the race with endurance”?

2. How does Jesus serve as our example in enduring suffering?

3. Why does God allow hard things to shape us?

4. What is said about the difference between the fear at Mount Sinai and the joy of Mount Zion?

5. How should we respond to receiving a kingdom that cannot be shaken?

Life and Faith Application Questions

1. What “weights” or sins do you need to throw off in your spiritual race? What’s slowing you down in your walk with God?

2. How can you keep your focus on Jesus daily?

3. Where have you experienced God using hard things to help you grow?

4. What does it mean to live a holy life where you are right now?

5. How can you worship God with reverence and awe this week?

Week 12 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

My Prayer Requests

Praises

Prayer Requests from Others

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Week 13: Hebrews Chapter 13

Theme: Final Exhortations and Benediction: Live a life that honors God.

Chapter Summary

The book ends with practical instructions: love one another, show hospitality, respect leaders, and live holy lives. Jesus is the same yesterday, today, and forever. The letter closes with a blessing and final encouragement.

Main Points

- Live out love in practical ways: hospitality, purity, contentment.
- Respect and follow spiritual leaders; imitate their faith.
- Jesus is unchanging. Honor Him with a life of praise and good works.

Favorite Verse

Write your favorite verse from this chapter and why it stood out:

Questions from the Reading

1. What practical instructions are given in his chapter? What does it say about how to treat others?

2. What kind of example should spiritual leaders set?

3. Why is it important to praise God continually?

4. How can you practice contentment with what you have?

5. What stands out to you most from these closing instructions?

Life and Faith Application Questions

1. What's one day you can show love and hospitality this week?

2. Are there leaders in your life that you can thank, honor or follow more closely?

3. How can you offer praise even when life is hard ("A sacrifice of praise")?

4. Do you personally struggle with contentment? What helps you be content with what you have?

5. What part of this chapter do you feel called to act on or want to live out more?

Week 13 Check-In

How did your relationship with God go this week?

☐ Struggling ☐ Disconnected ☐ Growing ☐ Thriving ☐ Excellent

What helped or hindered your relationship with God?

Prayer & Praise

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Praises

Prayer Requests from Others

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Faith Progress Journal – After the Study

Review your 'Beginning Journal' answers. What stands out to you now?

Did God speak to anything you were hoping for or struggling with at the start?

One truth I want to carry forward from Hebrews is:

My faith today feels:

☐ Stronger ☐ Calmer ☐ Renewed ☐ Still growing ☐ Uncertain ☐ On fire

If I could describe my 14-week journey in one sentence, it would be:

Week 14: Testimonies and Tacos

Theme: Celebrate what God has done. Share your story. Encourage one another

Testimony Builder

Before this study, I felt...

Through this study, I learned...

God surprised me by...

I want to keep growing by...

A word of encouragement for the group...
