



**BIBLE READING**  
DISCUSSION GUIDE



*Hebrews 1-6*

THE TRAILS CHURCH



## WELCOME to **1:1 BIBLE READING**

**1:1 Bible Reading** is a discipleship initiative that encourages members of The Trails to read the Bible together, one-on-one. This fall, instead of hosting centralized Bible studies for men and women, we are supplying the church with a reading plan, inductive Bible study questions, and recorded teachings. The aim is to *equip* individuals to read and study the Bible *with one another*.

Most Christians understand the importance of being in God's word regularly, but most of us have neglected to read the Bible *in community*. There is a level of accountability and discipleship that can only happen with others. Ultimately, we believe that **1:1** will help the members of The Trails grow deeper in their faith as they study their Bibles in community with others.

### HOW DOES IT WORK?

Start by finding a partner to read the Bible with. Once the series kicks off, you'll *meet weekly for eight weeks to do the following*:

1. **PRAY** for God's help in understanding and applying the passage
2. **READ** the Bible passage for that week
3. **DISCUSS** the Bible study questions provided
4. **WATCH** or **LISTEN** to the recorded teaching from the pastors at The Trails

This fall, we'll work through the first six chapters of the book of Hebrews, starting the week of September 13 and lasting for eight weeks. For more **Frequently Asked Questions** and to **register** to let us know that you're planning to participate, visit the **1:1 Bible Reading** page on our website at [thetrails.org/1to1](https://thetrails.org/1to1).

### Resources for Deeper Study

- *Hebrews for You: Giving You an Anchor for the Soul* by Michael Kruger
- *Hebrews* (Zondervan Exegetical Commentary on the New Testament) by Doug Moo
- *Hebrews* (The NIV Application Commentary) by George Guthrie



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WEEK ONE  
**HEBREWS 1:1-4**

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*Jesus is Greater than the Prophets*



## WEEK ONE

### HEBREWS 1:1-4

#### *Jesus is Greater than the Prophets*



#### **PRAY**

**Psalm 119:2**

*Blessed are those who keep [the Lord's] testimonies,  
who seek him with their whole heart... (ESV)*

Lord, as we open your Word, help us to seek you with our whole hearts so that we may keep all of your commands. Amen.

#### **MAIN IDEA**

Our God is a speaking God; he is not silent. He has spoken finally and fully through his Son, Jesus Christ, who is the ultimate Prophet, Priest, and King.

#### **OBSERVATION** | *What does the text say?*

1. According to verse 1, how did God speak to “our fathers” long ago, and through whom did he speak?

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2. What specific phrase does the author use in verse 2 to describe the present time period in which God has spoken by his Son?

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3. Starting in verse 2, the author provides seven affirmations to describe the person and work of Jesus. List out all seven.

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**INTERPRETATION** | *What does the author mean?*

1. The Old Testament is like a play without a final act. What does this mean regarding the relationship between the Old Testament prophets and the arrival of Jesus?

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2. How do the New Testament authors define the phrase “these last days”? How does this definition differ from the common modern misunderstanding of the term?

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3. Notice how the author of Hebrews uniquely combines the old covenant offices of prophet, priest, and king, into one threefold office in Christ. Why is this significant?

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4. What is the theological significance of describing Jesus as the “radiance of the glory of God” and the “exact imprint of his nature”? How does this elevate him above past prophets like Moses?

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5. Why is the detail that Jesus “sat down” after making purification for sins highly significant when contrasted with the duties of Old Testament priests?

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**APPLICATION** | *How should this text affect my own life?*

1. How would deeply internalizing the truth that Jesus actively “upholds the universe by the word of his power” change the way you handle personal anxiety, worry, and daily stressors?

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2. Knowing that we live in the “last days” – a privileged time where God’s final word has already been spoken – how should this truth affect your sense of urgency in sharing the gospel with others?

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3. Do you ever feel like God is silent or distant? How does the personal declaration that God has spoken “to us” through his Son challenge that feeling and reshape your approach to prayer and scripture?

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4. How does meditating on Jesus simultaneously acting as your supreme King and your sacrificial Priest change your attitude toward worship and obedience?

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#### **CLOSE IN PRAYER**

*Heavenly Father, thank you that you have spoken to us through your Word, and thank you for Jesus who has shown us your glory and nature. Help us over these next weeks to grow in grace as we learn more about you in the book of Hebrews. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 1 of the **1:1 Bible Reading Podcast** to dig deeper into this week’s passage with a few of our pastors!



WEEK TWO  
**HEBREWS 1:5-14**



*Jesus is Greater than the Angels*



## WEEK TWO

### HEBREWS 1:5-14

#### *Jesus is Greater than the Angels*



#### **PRAY**

**Psalm 119:18**

*Open my eyes, that I may behold  
wondrous things out of your law. (ESV)*

Father in heaven, give us eyes to see Christ in all of his beauty and glory as we open your Word today. Amen.

#### **MAIN IDEA**

Jesus is better than the angels, which is demonstrated by a number of Old Testament texts. He is both Son and Lord, who is exalted at the right hand of God. The New Covenant ushered in by Jesus is better than the covenant previously mediated by angels.

#### **OBSERVATION** | *What does the text say?*

1. The author of Hebrews in 1:5-16 is proving the point he made in verse 4: “[the Son has] become as much superior to the angels as the name he has inherited is more excellent than theirs.” What names or titles does he call out to prove his point?

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2. Several source texts from the OT are cited in this section. What texts does he cite?

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3. Look at verses 7 and 14. What is the role that angels play in salvation history?

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4. What are the main differences outlined between the Son and angels?

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**INTERPRETATION** | *What does the author mean?*

1. Psalms 2, 8, 110 and 2 Samuel 7 are key to understanding who the Messiah would be and applied throughout the NT to Jesus. If, when we place our trust in Jesus, we are united to him (or are now “in him”), what do these texts have to say to us about our humanity and our ultimate hope?

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2. In light of the last question, describe the Father’s relationship with the Son based on 1:5-14. Now, what is the Father’s desire for humanity, which he created in his image?

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3. The Son is eternal, lasts forever, rules forever. Angels are temporary hired hands. Read Psalm 8. Where do we fit into the relationship between the Son and angels?

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4. Why is the author spending his opening two paragraphs on the difference between the Son and angels? Look at Acts 7:53 and Galatians 3:19 to help with your answer.

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**APPLICATION** | *How should this text affect my own life?*

1. Seven different texts were cited to prove the author's point about the Son being superior to angels. And those seven are not the only ones that could have been used (just the ones inspired by the Holy Spirit to be used). What ongoing role should the OT have in shaping us as followers of Jesus?

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2. The Son has been described as "the glory of God, the exact imprint of his nature," the one who will rule forever, the one who will not wear out or be thrown away. If it is true that we are united to him and therefore joint heirs of these benefits, how should we live?

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3. The Son is the main thing, the one worthy of all of these lofty titles and benefits. How are we tempted to put more emphasis on other spiritual realities and what harm can that do to our lives?

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#### **CLOSE IN PRAYER**

*Jesus, we praise you, as even now you are reigning, high and exalted at the right hand of the Father. We love you. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 2 of the **1:1 Bible Reading Podcast** to dig deeper into this week's passage with a few of our pastors!



WEEK THREE  
**HEBREWS 2:1-4**



*Warning: Do Not Drift*



## WEEK THREE

### HEBREWS 2:1-4

#### *Warning: Do Not Drift*



#### **PRAY**

**Psalm 119:15**

*I will meditate on your precepts  
and fix my eyes on your ways. (ESV)*

God in heaven, fix our eyes on the text before us today. And help us to meditate on your Word that we would be changed by it. In Jesus's name, Amen.

#### **MAIN IDEA**

The first of five warning passages in the book of Hebrews, this text cautions that, because of God's final and greater revelation through Christ, his people must pay careful attention not to drift in their faith.

#### **OBSERVATION** | *What does the text say?*

1. Summarize these verses in your own words.

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2. Are there any transition words within the text (words like "therefore," "for this reason," "since," "because of," and so on)? If so, underline them.

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3. Are there any commandments or actions we should heed in this passage? Circle those words or phrases.

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**INTERPRETATION** | *What does the author mean?*

1. What is “therefore” there for? What message is the author encouraging us to pay attention to?

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2. What is the author warning us not to do?

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3. What is the message of the angels? Refer to Acts 7:38, Acts 7:52-53, and Galatians 3:19.

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4. What is the message of the Lord and of those who attest to it? Refer to Hebrews 1:14, Mark 16:20, and Acts 1:8.

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5. Why is the Gospel of Christ a greater message than the Law?

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6. How does drifting in our faith amount to neglecting our salvation? What is the cost of neglecting our salvation?

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**APPLICATION** | *How should this text affect my own life?*

1. What does it look like when someone is adrift in their faith? What things in your own life may cause you to drift and neglect your salvation (whether actually or potentially)?

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2. What are some practices you can do to help you steward your salvation faithfully? (Refer to Joshua 1:8; Romans 12:2; Philippians 4:8-9; and 2 Peter 1:3-10). How will these practices help keep you from drifting?

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3. How does this passage help you treasure Christ more?

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#### **CLOSE IN PRAYER**

*Heavenly Father, keep us from drifting away from your Word; keep us from drifting away from your church; keep us from drifting away from our faith in you. By the power of your Holy Spirit. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 3 of the **1:1 Bible Reading Podcast** to dig deeper into this week's passage with a few of our pastors!



WEEK FOUR  
**HEBREWS 2:5-18**

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*Jesus is the Founder of Our Salvation*



## WEEK FOUR

### HEBREWS 2:5-18

#### *Jesus is the Founder of Our Salvation*



#### **PRAY**

##### **Psalm 86:11**

*Teach me your way, O LORD,  
that I may walk in your truth;  
unite my heart to fear your name. (ESV)*

Heavenly Father, grant us undivided hearts that we would live in awe of your Word and would do what it says, for your glory and for our good. In Jesus's name, Amen.

#### **MAIN IDEA**

Jesus is the fulfillment of Psalm 8, as the true and ultimate human who is now crowned with glory and honor. He is also our great high priest who has set humanity free from slavery to sin and death by suffering and dying for our sins.

#### **OBSERVATION** | *What does the text say?*

1. Who was “this world” subjected to (see vv. 5, 9)? What is subject to Christ (see vv. 7–8)?

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2. In Hebrews 2:6–8 the author quotes from Psalm 8:4–6. Who is this portion of the Psalm describing?

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3. Who are the “brothers” in verses 11-12, 17? What other word does the author use to describe these people in verses 13-14?

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4. Who is it that Jesus helps in verses 16-17?

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**INTERPRETATION** | *What does the author mean?*

1. How does the passage from Psalm 8:4-6 describe Jesus Christ in the context of Hebrews 2:5-9? Refer to Genesis 1:26-28; Ephesians 1:22; 1 Corinthians 15:22-25 to help you in your answer.

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2. What does it mean that he “might taste death for everyone” (v. 9)? How is the close connection between the person and work of Christ seen in this verse?

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3. Why did Jesus have to be made temporarily lower than the angels (v.9)? Who else is made temporarily lower than the angels (v. 7 in the context of Psalm 8)?

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4. Angels were highly revered in Judaism due to their role in important events, such as the giving of the Law at Sinai. Considering Hebrews 2, describe how Jesus is superior to the angels.

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5. Look up the definition of “propitiation” (v. 17) in a dictionary and/or Greek interlinear Bible. How does Christ’s role as a high priest relate to his propitiatory death for the sins of people?

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6. Describe how Jesus fulfills the role as the final and better “Adam.”

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**APPLICATION** | *How should this text affect my own life?*

1. How should we respond in knowing that everything is under Christ's dominion and rule?

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2. In temporarily becoming lower than the angels in becoming a man, what attitude does Christ demonstrate to believers? How can you better embrace this same attitude in your own life?

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3. How does knowing that Christ has destroyed the one who has the power of death and freed believers from its bondage affect the way you live your life?

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4. How does it encourage you to know that Jesus Christ is able to empathize and help you in times of temptation and suffering?

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### **CLOSE IN PRAYER**

*Lord in heaven, thank you for sending Jesus to act as our great high priest. Thank you that he knew temptation and suffering as a human, and can therefore sympathize and help us in our own suffering and struggles with sin. Amen.*

### **WATCH THE PODCAST**

Check out Episode 4 of the **1:1 Bible Reading Podcast** to dig deeper into this week's passage with a few of our pastors!





WEEK FIVE  
**HEBREWS 3:1-6**

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*Jesus is Greater than Moses*



## WEEK FIVE

### HEBREWS 3:1-6

#### *Jesus is Greater than Moses*



#### **PRAY**

**Psalm 119:89–90**

*Forever, O LORD, your word*

*is firmly fixed in the heavens.*

*Your faithfulness endures to all generations;*

*you have established the earth, and it stands fast. (ESV)*

Lord, thank you that your Word stands forever. Help us to cherish Jesus more as a result of what we read today. In his name we pray, Amen.

#### **MAIN IDEA**

The author continues comparing Christ to Old Testament religion, this time emphasizing how Jesus is greater than the prophet Moses; this should make Christians confident of the hope they have in Christ who is faithful.

#### **OBSERVATION** | *What does the text say?*

1. What does the “therefore” in Heb 3:1 refer to from the previous verses (Heb 2:17–18)?

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2. How does the author describe the “brothers” in verse one? What do they share in?

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3. Who does the author compare Jesus with in verses 2-6?

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**INTERPRETATION** | *What does the author mean?*

1. What is our “heavenly calling” as believers?

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2. In what ways does Christ serve as an apostle and high priest on our behalf?

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3. What comparisons and contrasts does the author make between Jesus and Moses?  
How is Jesus superior to Moses and why is that important?

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4. Considering the role of the priest in the Jewish sacrificial system, why is it important that Jesus is our high priest?

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5. What is God's house (vv. 2, 5-6) and what are the signs of belonging in His house?

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**APPLICATION** | *How should this text affect my own life?*

1. Do you consider yourself holy? What does holiness look like in your life currently, and in what area(s) do you struggle with holiness?

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2. How well are you living out your heavenly calling?

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3. What signs in your life demonstrate that you belong to the house of God?

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4. Discuss a time when you struggled with “holding fast” to your confidence. How are you doing when it comes to “boasting” in your hope?

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5. Christ is not ashamed to call believers his brothers and sisters as a part of the family of God. In what ways can you become a better brother or sister to other believers, particularly within The Trails Church?

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#### **CLOSE IN PRAYER**

*Lord, thank you that we belong to Christ; help our hope and confidence to ever be in Him. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 5 of the **1:1 Bible Reading Podcast** to dig deeper into this week’s passage with a few of our pastors!



WEEK SIX  
**HEBREWS 3:7-4:13**

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*Warning: Do Not Harden Your Hearts*



WEEK SIX

## HEBREWS 3:7-4:13

*Warning: Do Not Harden Your Hearts*



### PRAY

James 1:22

*But be doers of the word,  
and not hearers only, deceiving yourselves. (ESV)*

Lord, as we open the Scriptures today, help us not only to read it but to live it out in our own lives. By the power of your Holy Spirit. Amen.

### MAIN IDEA

In this second warning passage of the book of Hebrews, the author warns Christians not to harden their hearts against the Holy Spirit or to turn away from the Lord in disobedience, but instead to trust God.

### OBSERVATION | *What does the text say?*

1. Summarize this portion of Scripture in your own words. What stands out to you as most important?

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2. As you read, find and mark the words “heart” and “rest.” What connection do you observe between these 2 words?

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3. Make note of the various references from Psalm 95:7-11.

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4. What are the specific instructions given to equip us to not harden our hearts?

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**INTERPRETATION** | *What does the author mean?*

1. Hebrews 3:3 reminds us that Jesus “is counted worthy of more glory than Moses,” and then in 4:8 the author says, “If Joshua had given rest, God would not have spoken of another day.” How are these 2 verses important to believers as we grow in our knowledge and understanding of who Jesus is?

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2. In verse 14 we are told to “hold fast our confession,” and in verse 16 we are told, “Let us then with confidence draw near to the throne of grace...”. How do these two phrases encourage and equip us to avoid the pitfalls of God’s people described in Psalm 95:7-11?

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3. According to 4:11, we are urged to “strive to enter that rest.” How are we to do that?

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**APPLICATION** | *How should this text affect my own life?*

1. Where is there evidence in your own life of a hardened heart?

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2. In what ways are you encouraged and comforted by this passage?

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3. How can you demonstrate to others, “holding fast our confession”?

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## **CLOSE IN PRAYER**

*Lord, thank you for warning passages that help us to guard our hearts and draw us back to yourself. By your grace, keep us from hardening our hearts and instead empower us to trust in you more deeply, day by day. Amen.*

## **WATCH THE PODCAST**

Check out Episode 6 of the **1:1 Bible Reading Podcast** to dig deeper into this week's passage with a few of our pastors!



WEEK SEVEN  
**HEBREWS 4:14-5:10**



*Jesus is the Great High Priest*



## WEEK SEVEN

### HEBREWS 4:14-5:10

#### *Jesus is the Great High Priest*



#### **PRAY**

**Psalm 119:105**

*Your word is a lamp to my feet  
and a light to my path. (ESV)*

Lord, thank you for your Word which guides my steps and leads my life. Help us to hear what you're saying as we study this text today. In Jesus's name, Amen.

#### **MAIN IDEA**

Believers can approach God with confidence, because Jesus is their great high priest, anointed by God in the order of Melchizedek. Christ was sinless, and needs not make a sacrifice for his own sins, though he can fully empathize with sinful humans.

#### **OBSERVATION** | *What does the text say?*

1. Leading up to this “hinge” verse in 4:14, what problem has the writer been describing (see 3:18–4:2, 4:11)?

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2. List the attributes the author reveals about Christ in this passage (4:14–5:10).

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3. List the qualities of the high priest detailed in this passage.

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4. In 4:14-16, what two things does the writer encourage the Hebrews to do (“Let us...”)? For each one, what reason does he give for them to be able to do so?

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**INTERPRETATION** | *What does the author mean?*

1. What does “our confession” refer to in 4:14? What does the “throne of grace” mean in 4:16?

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2. What is the purpose of the high priest in the Jewish faith? In the Old Testament, how would the Jewish people have dealt with the problems of disobedience, unbelief, weakness, and falling short?

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3. What distinguishes Jesus as the Great High Priest? How would having faith in Jesus as the Great High Priest solve the readers' problems discussed in question two?

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4. How is Christ similar to other high priests, and how is he different? Why does one kind provide temporal forgiveness, and the other eternal salvation?

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**APPLICATION** | *How should this text affect my own life?*

1. How does having a high priest who can “sympathize with our weaknesses” (4:15) encourage you in your walk with Christ?

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2. How have you learned obedience through sufferings? (5:8)

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3. In 4:16, the author encourages us to “with confidence draw near to the throne of grace.” What gives you the confidence to approach the throne of grace despite your sins and fears? How does this shape your understanding of Christ’s redemptive work?

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4. In 5:7, we read that Jesus was heard because of his reverence. How does this affect the way you approach God through prayer?

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#### **CLOSE IN PRAYER**

*Jesus, thank you for sympathizing with our weaknesses; help us to confidently draw near to your throne and to trust in your grace this week. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 7 of the **1:1 Bible Reading Podcast** to dig deeper into this week’s passage with a few of our pastors!



WEEK EIGHT  
**HEBREWS 5:11-6:20**



*Warning: Do Not Turn Away*



## WEEK EIGHT

### HEBREWS 5:11-6:20

#### Warning: Do Not Turn Away



#### PRAY

Psalm 119:66

*Teach me good judgment and knowledge,  
for I believe in your commandments. (ESV)*

Holy God, help me to trust in your commandments and grant me the judgment and wisdom to carry them out, by the power of your Spirit. Amen.

#### MAIN IDEA

In this next warning passage, the author urges his readers to push ahead in their faith towards maturity, knowing that they will inherit God's blessing whose promises are confirmed with an oath. Christ is our anchor for the soul who is certain and secure.

#### OBSERVATION | What does the text say?

1. What are some words and phrases the author uses to describe his readers? What are they lacking (5:11-6:1)?

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2. List the physical and spiritual qualities of a person who requires milk and one who requires solid food.

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3. According to 5:14, how is discernment trained?

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4. What does the author of Hebrews say about the experiences of those who have fallen away (6:4-5)?

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5. What parable does the author's analogy of the ground in 6:7-8 remind you of?

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**INTERPRETATION** | *What does the author mean?*

1. Why does the author desire his listeners to go on to maturity? Does he consider the "elementary doctrine of Christ" unimportant? (6:1) What are the consequences of not pressing on to maturity?

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2. Can a non-Christian witness heavenly gifts, experience works of the Holy Spirit, and benefit from the word of God without repenting and placing his or her faith in Christ?

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3. In 6:6, what does the author mean by those who have fallen away? What other passages in Scripture can help you understand the author's meaning of this verse?

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4. The author's description of those who have fallen away seems to indicate that genuine believers can lose their salvation (i.e., "it is impossible ... to restore them to repentance ..."). If that is the author's meaning, how can such a statement be reconciled with Christ's words in John 10:27-29?

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5. After his dire warning, the author gives assurance to his readers that, "in your case ... we feel sure of better things—things that belong to salvation," and encourages them to pursue a "full assurance of hope" (6:9-11). How can he give his readers this assurance; how are they different from those described in 6:4-6?

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**APPLICATION** | *How should this text affect my own life?*

1. Consider an example of being trained in discernment. How did it help you mature in Christ?

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2. Are there areas where you need to grow in your faith? Which steps can you take today to go on to spiritual maturity?

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3. In 6:13-15, we read that Abraham patiently waited for and obtained God's promise. How do his circumstances contribute to your understanding of this section of Scripture? How does Abraham's hope in the promises of God encourage you? How can you imitate him this week?

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4. Consider the "bookends" the author places directly before and after his dire warning about falling away (see 5:9-10 and 6:20). What does this tell you? How does this give you a confident hope in your salvation?

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5. In what ways are you yielding fruit for Christ and others? What is your motivation for doing so?

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6. How is God glorified and how is Christ exalted in this section of Scripture?

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7. What encouragement in your walk with Christ do you receive from this passage?

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#### **CLOSE IN PRAYER**

*Lord, would you keep us from turning away from the faith and would you help us to turn towards Christ in all of his beauty. Amen.*

#### **WATCH THE PODCAST**

Check out Episode 8 of the **1:1 Bible Reading Podcast** to dig deeper into this week's passage with a few of our pastors!





**BIBLE READING**