**Lesson 16 Hebrews 10:19-39**

**Hebrews 10:19-39 (NIV)**
19  Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus,
20  by a new and living way opened for us through the curtain, that is, his body,
21  and since we have a great priest over the house of God,
22  let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.
23  Let us hold unswervingly to the hope we profess, for he who promised is faithful.
24  And let us consider how we may spur one another on toward love and good deeds.
25  Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.
26  If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, *(who is being talked to here?)*
27  but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.
28  Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses.
29  How much more severely do you think a man deserves to be punished who has trampled the Son of God under foot, who has treated as an unholy thing the blood of the covenant that sanctified him, and who has insulted the Spirit of grace?
30  For we know him who said, "It is mine to avenge; I will repay," and again, "The Lord will judge his people."
31  It is a dreadful thing to fall into the hands of the living God.
32  Remember those earlier days after you had received the light, when you stood your ground in a great contest in the face of suffering.
33  Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated.
34  You sympathized with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions.
35  So do not throw away your confidence; it will be richly rewarded.
36  You need to persevere so that when you have done the will of God, you will receive what he has promised.
37  For in just a very little while, "He who is coming will come and will not delay.
38  But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him."
39  But we are not of those who shrink back and are destroyed, but of those who believe and are saved. *(who is being talked to here?)*

[10:19](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A19) confidence to enter the Most Holy Place. See [vv. 13-14](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A13-14) and notes.

[10:20](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A20) the curtain, that is, his body. Having sacrificed himself in his body on the cross, Jesus our high priest entered the Most Holy Place (see [6:19](http://www.crossbooks.com/verse.asp?ref=Heb+6%3A19) and note; cf. [9:11](http://www.crossbooks.com/verse.asp?ref=Heb+9%3A11) and note), and he made sinners "perfect" in holiness (see [v. 14](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A14) and note) so that they too may enter through the curtain—his sacrificed and resurrected body being for us the "new and living way" (cf. [Mt 27:51](http://www.crossbooks.com/verse.asp?ref=Mt+27%3A51); [Mk 15:38](http://www.crossbooks.com/verse.asp?ref=Mk+15%3A38) and notes).

[10:22-25](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A22-25) Five exhortations spring from Jesus' provision for our reconciliation to his Father: (1) "Let us draw near to God." (2) "Let us hold unswervingly to... hope." (3) "Let us consider how we may spur one another on." (4) "Let us not give up meeting together." (5) "Let us encourage one another." For the triad of faith, hope and love in [vv. 22-24](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A22-24) see note on [1Th 1:3](http://www.crossbooks.com/verse.asp?ref=1Th+1%3A3).

[10:22](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A22) Four conditions are given for drawing "near to God": (1) a sincere heart. Undivided allegiance in the inner being. (2) full assurance of faith. Faith that knows no hesitation in trusting in and following Christ. (3) hearts sprinkled... from a guilty conscience. Total freedom from a sense of guilt, a freedom based on the once-for-all sacrifice of Christ. (4) bodies washed with pure water. Very likely both "hearts sprinkled" and "bodies washed" allude to Christian baptism (cf. [Mt 28:19](http://www.crossbooks.com/verse.asp?ref=Mt+28%3A19)) and the cleansing from sin through the sacrificial death of Christ that it signifies (see [Ro 6:3-11](http://www.crossbooks.com/verse.asp?ref=Ro+6%3A3-11) and notes). For OT background see [Eze 36:25](http://www.crossbooks.com/verse.asp?ref=Eze+36%3A25) and note; see also [Lev 14:9](http://www.crossbooks.com/verse.asp?ref=Lev+14%3A9); [15:13](http://www.crossbooks.com/verse.asp?ref=Lev+15%3A13); [16:4](http://www.crossbooks.com/verse.asp?ref=Lev+16%3A4),[24](http://www.crossbooks.com/verse.asp?ref=Lev+16%3A24),[26](http://www.crossbooks.com/verse.asp?ref=Lev+16%3A26); [Nu 19:19](http://www.crossbooks.com/verse.asp?ref=Nu+19%3A19); cf. [Zec 13:1](http://www.crossbooks.com/verse.asp?ref=Zec+13%3A1).

[10:23](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A23) hope we profess. See [3:6](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A6); [6:18-19](http://www.crossbooks.com/verse.asp?ref=Heb+6%3A18-19) and notes. he who promised is faithful. Cf. [2Ti 2:13](http://www.crossbooks.com/verse.asp?ref=2Ti+2%3A13).

[10:25](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A25) not give up meeting together. The Greek word translated "give up" speaks of desertion and abandonment (see [Mt 27:46](http://www.crossbooks.com/verse.asp?ref=Mt+27%3A46); [2Co 4:9](http://www.crossbooks.com/verse.asp?ref=2Co+4%3A9); [2Ti 4:10](http://www.crossbooks.com/verse.asp?ref=2Ti+4%3A10),[16](http://www.crossbooks.com/verse.asp?ref=2Ti+4%3A16)). the Day. Of the Lord's return (see [1Th 5:2](http://www.crossbooks.com/verse.asp?ref=1Th+5%3A2),[4](http://www.crossbooks.com/verse.asp?ref=1Th+5%3A4); [2Th 1:10](http://www.crossbooks.com/verse.asp?ref=2Th+1%3A10); [2:2](http://www.crossbooks.com/verse.asp?ref=2Th+2%3A2); [2Pe 3:10](http://www.crossbooks.com/verse.asp?ref=2Pe+3%3A10)).

[10:26-31](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A26-31) The fourth warning (see note on [2:1-4](http://www.crossbooks.com/verse.asp?ref=Heb+2%3A1-4)). This warning is especially to persons ("some," [v. 25](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A25)) deserting the Christian assembly. See [6:4-8](http://www.crossbooks.com/verse.asp?ref=Heb+6%3A4-8), where the same spiritual condition is discussed (see also notes there).

[10:26](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A26) deliberately keep on sinning. Committing the sin of apostasy (see [v. 29](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A29); see also note on [5:2](http://www.crossbooks.com/verse.asp?ref=Heb+5%3A2)). The OT background is [Nu 15:27-31](http://www.crossbooks.com/verse.asp?ref=Nu+15%3A27-31). no sacrifice for sins is left. To reject Christ's sacrifice for sins is to reject the only sacrifice; there is no other.

[10:27](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A27) judgment and... raging fire. See [12:29](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A29); [2Th 1:6-9](http://www.crossbooks.com/verse.asp?ref=2Th+1%3A6-9) and notes. For fire as the instrument of divine judgment see [La 1:13](http://www.crossbooks.com/verse.asp?ref=La+1%3A13) and note.

[10:28](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A28) See [Dt 17:6](http://www.crossbooks.com/verse.asp?ref=Dt+17%3A6) and note. *(2 witnesses shall be needed note just one for the judgement)*

[10:29](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A29) blood of the covenant. See [9:20](http://www.crossbooks.com/verse.asp?ref=Heb+9%3A20) and note on [9:18](http://www.crossbooks.com/verse.asp?ref=Heb+9%3A18); [13:20](http://www.crossbooks.com/verse.asp?ref=Heb+13%3A20); see also [Mt 26:28](http://www.crossbooks.com/verse.asp?ref=Mt+26%3A28); [Mk 14:24](http://www.crossbooks.com/verse.asp?ref=Mk+14%3A24) and note.

[10:30](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A30) See notes on [Dt 32:35-36](http://www.crossbooks.com/verse.asp?ref=Dt+32%3A35-36) and [32:35](http://www.crossbooks.com/verse.asp?ref=Dt+32%3A35).

[10:31](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A31) See [12:29](http://www.crossbooks.com/verse.asp?ref=Heb+12%3A29).

[10:32-12:3](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A32-12%3A3) An exposition of [Hab 2:3-4](http://www.crossbooks.com/verse.asp?ref=Hab+2%3A3-4).

[10:32](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A32) those earlier days. Presumably following their first enthusiastic response to the gospel, when they had unflinchingly suffered loss and persecution and were deeply concerned for one another.

[10:34](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A34) better and lasting possessions. Such as salvation in Christ and future reward (see [11:10](http://www.crossbooks.com/verse.asp?ref=Heb+11%3A10),[16](http://www.crossbooks.com/verse.asp?ref=Heb+11%3A16),[35](http://www.crossbooks.com/verse.asp?ref=Heb+11%3A35); [13:14](http://www.crossbooks.com/verse.asp?ref=Heb+13%3A14) and notes).

[10:38](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A38) my righteous one will live by faith. See note on [Hab 2:4](http://www.crossbooks.com/verse.asp?ref=Hab+2%3A4).

[10:39](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A39) shrink back and are destroyed. The opposite of "believe and are saved." The author is confident that those to whom he is writing are, for the most part, among the saved (see [6:9](http://www.crossbooks.com/verse.asp?ref=Heb+6%3A9) and note).

**NIV Study Bible.**

**Open it**

1. When in your life did you "hang in there" the longest in the face of an extremely difficult situation?
 **When Chris had her heart surgery, and we had bought the house the week**

**I wasn’t sure how to go on.**

2. Who has encouraged you the most in the last six months?
 **This church, this congregation, the classes I attend and lead**

**Explore it**

3. Why did the author say that those under the new covenant could draw near to God? ([10:19-22](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A19-22))
 **Because of Jesus sacrifice for us**

4. What has Jesus done for those under the new covenant? ([10:20](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A20))
 **He has given us the only way to God and Heaven, through Him**

5. What must happen before a person can draw near to God? ([10:22](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A22))
 **Let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled *clean* from an evil conscience and our bodies washed with pure water.**

6. What happens to the guilty conscience of those who put their faith in Christ? ([10:22](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A22))
 **Our hearts have been sprinkled clean with Jesus blood**

7. Why are Christians able to persevere in following Christ? ([10:23](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A23))
  **Let us hold fast the confession of our hope without wavering, for He who promised is faithful;**

8. What kind of behavior should believers in Christ exhibit toward one another? ([10:24-25](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A24-25))
 **and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging *one another;* and all the more as you see the day drawing near.**

9. What will happen to God’s enemies? ([10:26-27](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A26-27))
  **For if we go on sinning willfully after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, 27  but a terrifying expectation of judgment and THE FURY OF A FIRE WHICH WILL CONSUME THE ADVERSARIES.**

10. Why is rejecting Christ more serious than rejecting the old covenant? ([10:28-29](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A28-29))
 **You have trampled the Son of God and insulted the Spirit fo Grace.**

11. What did the author consider "a dreadful thing"? ([10:31](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A31))
 **Falling into the hands of the living God**

12. How had the Hebrew Christians responded to persecution at first? ([10:32-34](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A32-34))
 **But remember the former days, when, after being enlightened, you endured a great conflict of sufferings, partly by being made a public spectacle through reproaches and tribulations, and partly by becoming sharers with those who were so treated. For you showed sympathy to the prisoners and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and a lasting one.**

13. What is promised to those who persevere? ([10:35-39](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A35-39))
 **Heaven, Eternal life with God**

**Get it**

14. How could someone best spur you on "toward love and good deeds"?
 **Each person would be different, but by knowing them you know how to lead them in the right way**

15. How does the certainty of God’s judgment challenge you?
 **To live as God would have me live**

**Apply it**

16. What can you do differently in your devotional times this week to "draw near to God"?
 **Study and learn from others**

17. Since we are called to live by faith ([10:38](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A38)), what is one bold step of trust in God you can take today?
 **To actually live that way, not easy to do**