



Jesus is Greater than all the Distractions LEADER GUIDE - March 15, 2020

PRIMARY PASSAGE

Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. ² He was faithful to the one who appointed him, just as Moses was faithful in all God's house. ³ Jesus has been found worthy of greater honor than Moses, just as the builder of a house has greater honor than the house itself. ⁴ For every house is built by someone, but God is the builder of everything. ⁵ "Moses was faithful as a servant in all God's house," bearing witness to what would be spoken by God in the future. ⁶ But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory. ⁷ So, as the Holy Spirit says: "Today, if you hear his voice, ⁸ do not harden your hearts as you did in the rebellion, during the time of testing in the wilderness, ⁹ where your ancestors tested and tried me, though for forty years they saw what I did. ¹⁰ That is why I was angry with that generation; I said, 'Their hearts are always going astray, and they have not known my ways.' ¹¹ So I declared on oath in my anger, 'They shall never enter my rest.'" ¹² See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. ¹³ But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. ¹⁴ We have come to share in Christ, if indeed we hold our original conviction firmly to the very end. ¹⁵ As has just been said: "Today, if you hear his voice, do not harden your hearts as you did in the rebellion." ¹⁶ Who were they who heard and rebelled? Were they not all those Moses led out of Egypt? ¹⁷ And with whom was he angry for forty years? Was it not with those who sinned, whose bodies perished in the wilderness? ¹⁸ And to whom did God swear that they would never enter his rest if not to those who disobeyed? ¹⁹ So we see that they were not able to enter, because of their unbelief. (Hebrews 3:1-19 NIV)

ICE BREAKER

Have everyone pull out their phones and look at the "Screen Time" app. What's the average amount of use? What apps do you use the most?

DISCUSSION QUESTIONS

1) All of us have distractions in our life. What would you say are some of your biggest distractions?

- Family/relational issues, job related stress, fears of the future, hobbies, favorite shows, obsession with keeping up with the Joneses, idolatry, COVID-19, etc.

2) The dangerous part of distractions is that they pull our attention away from what is most important - who Jesus is and who we are Him. The author warns us about this in verse 12. How have distractions caused you to turn away from God?

- Like we stated last week, we don't "just stay we naturally drift away" from God. Distractions are a big part of this.
- Distractions in and of themselves are not always evil/bad, but the fact that they can shift our focus from Jesus is quite dangerous. Group leaders please feel free to describe distractions in your life that have shifted your focus off of Jesus.

3) In Hebrews 3:1-6 the author describes who Jesus is and also who we are in Him. Walk through what the author says about both Jesus and us.

- Jesus -> Greater than Moses. This was a huge statement to First Century Jewish Christians, because Moses was a big deal. The Hebrew (Jewish) people saw Moses as the “leader/rescuer/builder” of their nation, and here we see the author leverage this to show how important Jesus is. And notice, it wasn’t to downplay Moses but actually to put Jesus’ greatness on full display
 - Moses was faithful servant // Jesus was the faithful Son; Moses rescued people from bondage of slaver // Jesus rescued from bondage of sin; Moses was a part of the house of God // Jesus was the Builder and Heir; Moses (although a great leader) could not lead the people into the Promised Land // Jesus is the perfect leader and in Him, we are ushered into the Promised Land
- Us -> holy brothers and sisters (remember from last week - Jesus claims us!) // God’s house // valued, loved, part of His family, etc.

4) In verse 1 we see the remedy for getting lost in distraction is to fix our thoughts on Jesus. Why is this important? How do we fix our thoughts on Him?

- Important -> Jesus is the epicenter of all we believe and do - this starts with our thoughts/ intellectual life and shifts into all other areas
- How to -> the root for “fix our thoughts” is meditation. It’s not limited to a 10min devotional in the morning, but is a constant fixation of mind, soul, and spirit. Now, that might be hard to jump in cold turkey so we recommend starting by taking an inventory of your life to recognize what noise/distractions currently make this impossible. As you see the barriers and remove them, continually begin to pray for God to draw near you as you draw near Him (James 4:8).
 - Some practical steps: start and end your day with prayer, join the Chapel Bible plan, begin to practice silence/solitude, set up accountability within your community to ensure you are taking time to fix your thoughts, start to journal to record your thoughts and then evaluate, set new daily/weekly rhythms that keep you from falling into the same ruts, etc.

PERSONAL RESPONSE

1) Sometimes the first step in fixing a problem is admitting there is one. What is causing you to be distracted in your walk with Jesus? What steps can you take this week to take an inventory of and let go of the distractions, and instead fix your eyes on Jesus?

2) Many times, we choose to get lost in the distractions because we’re afraid of something. What are you afraid of facing by pressing in to Jesus?