



Cuyahoga  
Valley Church

# SERMON STUDY GUIDE

Week of 9.29.24  
Hebrews 2:10-18 // Rick Duncan

Please take the opportunity to revisit the CVC Equip  
Portrait of a Healthy LifeGroup on a regular basis

## CONNECT (10 MIN)

- ① Jesus helps us. He is our helper. He can help us when we are tempted. In what ways are we uniquely tempted when we are suffering? What temptations do we face most when we are struggling?
- ② Where do we look for help in the wrong places instead of looking to Christ?

## EXPLORE (30 MIN)

**Create Context (5 min):** [You can watch the sermon recap video here.](#)

### Study & Discussion (25 min)

**Read Hebrews 2:10-18 out loud together as a group.**

- ③ Jesus gives us the pioneer's help, the brother's help, the deliverer's help, and the priest's help. Which of these four types of help that Jesus offers most resonates with you in this season of your life, and why?
- ④ Read Hebrews 2:10 and Revelation 21:1-4. In his sermon, Pastor Rick said, "Jesus teaches us how to endure our suffering in a way that prepares us for future glory."
  - Think about suffering you have endured in your life. How have you seen God working in the midst of your suffering to help you be more like Him now, in this life?
  - God uses our suffering not only in this life, but He is also sanctifying us for future glory, as Pastor Rick said on Sunday. Consider what Pastor Rick said last week about the tension in the "already, and not yet" of Jesus' reign and rule. How do you feel when you think about God using your suffering not only right now, but also for His and your glory in the new heaven and the new earth to come? Are you comforted, confused, or something else entirely? Discuss.
  - Oftentimes, we might be tempted to believe that our lives are to be lived for our own happiness and desires. What do you think it looks like for us to live our lives remembering that all we are and all we do is ultimately for the glory of God?



- ⑤ Read Hebrews 2:14-17. In the sermon notes, Pastor Rick included a quote from the church father Athanasius, “He became what we are so that He might make us what He is.”
- How does the passage above show that Jesus “became what we are?”
  - What does it mean that Jesus will “make us what He is?”
  - How might you explain these concepts to a new believer, or to someone with whom you were sharing the gospel message?
- ⑥ Take a moment to think about your answer to question number 2, above, which asked, “Where do we look for help in the wrong places instead of looking to Christ?” Based on your answer to that question, consider this one: What changes need to take place in your life to develop the habit of turning to Jesus for help? Not as a last resort but as a first response?

## ADDITIONAL RESOURCES

- Knowing the Bible: Hebrews - <https://www.thegospelcoalition.org/course/knowning-bible-hebrews/>
- TGC Course:Introduction to Hebrews - <https://www.thegospelcoalition.org/course/hebrews-introduction/>
- Who Was Athanasius and Why Was He Important? - <https://www.thegospelcoalition.org/article/who-was-athanasius-and-why-was-he-important/>

## PRAY AND APPLY

Take some time to pray with one another in your LifeGroup, using the prayer below as a guide.

Lord Jesus, I admit my need for Your help. Thank You for becoming like me and for suffering in my place. I confess that I have sought comfort in the wrong places and in the wrong people. Today I choose to trust in You alone as my Founder, Brother, Deliverer, and Priest. You have defeated sin and death on my behalf. Help me to live in freedom of Your hope and help. In Jesus' name, Amen.

## MEMORY VERSE

Hebrews 1:3

The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.



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# EQUIP ANNOUNCEMENTS

Week of 9.29.24

Please take a moment to share these announcements with your group.

More information on each item can be found by scanning the QR codes.

## CVC YOUNG ADULTS

### **Eat, Sip, and Drive: A Progressive Dinner**

CVC Young Adults are hosting Eat, Sip, and Drive on Saturday, October 12 from 2-8 PM. Join our Young Adults for a day of food, fellowship, and fun at this Progressive Dinner. The event begins and ends at Broadview Heights Campus. Register [HERE!](#)



## CVC YOUTH

### **Collide Fall Fest: October 12, 2024**

We're thrilled to announce our upcoming Collide Fall Fest! Get ready for a day of fun, fellowship, and worship that you won't want to miss. Mark your calendars and save the date for your middle school student. More Information and details are to come.

