



Cuyahoga  
Valley Church

# SERMON STUDY GUIDE

Week of 10.27.24  
Hebrews 5:11-6:3 // Rick Duncan

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

## CONNECT (10 MIN)

- ① So far in our Hebrews series this fall, we've learned that Jesus is better than angels, better than Moses, and better than the priests. Which of these big ideas has helped you to think about the person and work of Jesus in a new light or in a different way – and why?

## EXPLORE (30 MIN)

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

### Study & Discussion (25 min)

**Read Hebrews 5:11-6:3 out loud together as a group.**

- ② In the sermon on Sunday, Rick Duncan shared seven characteristics of an emotional infant (see below).

Characteristics of an Emotional Infant:

- I look for other people to take care of me emotionally.
  - I have difficulty in owning my feelings in healthy ways.
  - I rarely enter the emotional world of others.
  - I am driven by a need for instant gratification.
  - I use others as objects to meet my needs.
  - People perceive me as inconsiderate and insensitive.
  - When difficulties come, I want to quit God and the Christian life.
- 
- Which of these characteristics do you think are especially common in our world and culture today?
  
  - Before you knew Christ, which of these characteristics were true of you? Which of these can become true of you when you are tired, overwhelmed, or struggling (to put it another way – where can you find yourself tempted to “backslide” on difficult days or in difficult circumstances)?



③ In the sermon, Rick shared Five Questions for a Teaching Conversation (see below). In your LifeGroup, read Hebrews 5:11-6:3 again and walk through the questions below, trying to read and think and discuss with fresh eyes!

1. What stood out to you?
2. What did it teach you about God?
3. What did it teach you about yourself?
4. What questions or concerns did it raise?
5. How could you put this to practice in your life?

④ Based on what you just did above (answering question #3), answer the following questions:

- What current format do you currently use for studying Scripture? How, if at all, do you think you can use these questions in your own personal study of God's Word?
- Have you ever studied God's Word with someone else as a disciple-maker, helping the other person learn to study God's Word more faithfully? If yes, share about that experience with your group. If no - what has kept you from doing so?
- How do you think you might be able to use these questions as a tool as you seek to disciple someone else?

⑤ Read Hebrews 4:12. Rick stated on Sunday, "We don't read in(to) the Bible what we want it to say - we don't shape the Bible, the Bible shapes us." Based on this verse and Rick's quote:

- Why do you think people, non-Christians and Christians alike, can be tempted to twist Scripture to fit our own narratives or preferences?
- Where do you think you have room to grow in being submitted to the Word of God, even where it might be uncomfortable for you?

⑥ Based on what Rick shared on Sunday, what do you think is your next step toward maturity? Your next step could be one of the examples Rick gave on Sunday (see below) or something else entirely.

(Rick gave the examples of 1) Join a LifeGroup, 2) Lead a LifeGroup, 3) Attend Sunday Sessions, or 4) Look forward to Emotionally Healthy Living or another CVC Care WorkShop like Celebrate Recovery, Trauma Reboot, etc.)



## ADDITIONAL RESOURCES

- Knowing the Bible: Hebrews -  
<https://www.thegospelcoalition.org/course/knowing-bible-hebrews/>
- TGC Course: Introduction to Hebrews -  
<https://www.thegospelcoalition.org/course/hebrews-introduction/>

## PRAY AND APPLY

First, take some time to quickly complete the self-assessment below.

### Self-Assessment: Evaluating Your Spiritual Maturity (Based on Hebrews 5:11-6:3)

Use this self-assessment to reflect on your spiritual growth and to identify areas where God is calling you to mature. Rate yourself on a scale from 1 (rarely) to 5 (consistently) for each question.

\_\_\_ I push past complacency and distractions, eager to learn and receive correction from God's Word.

\_\_\_ I share what I learn, feeling responsible to help others grow by passing on biblical truths.

\_\_\_ I challenge myself to go deeper in studying Scripture and practicing spiritual disciplines.

\_\_\_ I'm growing in discerning right from wrong, applying biblical principles in daily choices.

\_\_\_ I refuse stagnation; I'm actively seeking spiritual maturity beyond infancy.

After completing the self-assessment, share with your LifeGroup (either the entire group, or split into smaller groups). Pray with one another, thanking God for each other's strengths and praying for each other's areas of weakness (as revealed by the survey). Pray that CVC as a church, in LifeGroup settings and larger settings, will be a place where people can meet Jesus and continue to grow in relationship with Him.

## MEMORY VERSE

### Hebrews 2:18

"For because he himself has suffered when tempted, he is able to help those who are being tempted."



Cuyahoga  
Valley Church

# EQUIP ANNOUNCEMENTS

Week of 10.27.24

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

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

## CHURCH - WIDE

### Night Of Worship & Prayer: November 6, 2024

Join us for a Night of Worship and Prayer at CVC Broadview Heights campus. Come together as a community to lift our voices in worship and seek God in prayer. The CVC choir will be a part of this special evening and will be a time of reflection, connection, and spiritual renewal.

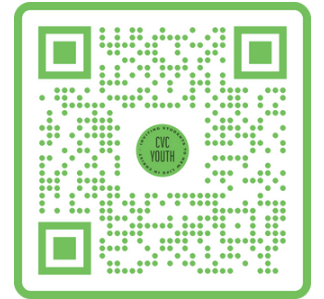


## CVC YOUTH

### High School Fall Retreat: November 22-24

Attention CVCYouth High School Students and Families!

Get ready for an incredible weekend of connection, growth, and fun at the upcoming HS Fall Retreat! This will be an incredible chance to deepen your faith, build lasting friendships, and make unforgettable memories. You can register your student [HERE](#).



## CVC YOUNG ADULTS

### Thanksgiving Potluck: November 8

CVC Young Adults is hosting a Thanksgiving Potluck at the Broadview Hts. campus on Friday, November 6th. This will be a time of fellowship, games, and more to enjoy together. Please bring a side dish to share if you plan on attending. You can sign up to attend and bring your side dish [HERE](#).

