



Cuyahoga
Valley Church

SERMON STUDY GUIDE

Week of 3.16.25
Hebrews 12:18-29 // Joe Valenti

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

CONNECT (10 MIN)

- ① Have you ever stayed in something (a relationship, a job, a situation) not because it was best, but just because it was comfortable? What was that experience like, and what eventually prompted you to make a necessary change?

EXPLORE (30 MIN)

Create Context (5 min): You can watch the [Sermon Recap Video here!](#)

Study & Discussion (25 min)

Read Hebrews 12:18-29.

- ② The author of Hebrews uses the imagery of running a race to describe the Christian life. The past three sermons have all focused on this same imagery.
 - Thinking back on what you've been learning, describe to one another what it looks like to spiritually run a good race and make it to the finish line. Give as much detail as you are able in your description.
 - Next, consider what you personally need to do to run the race and finish well. What habits do you need to kill or cultivate? What life changes, small or big, do you need to make? Where do you need encouragement or growth? Choose one thing that you would like to adjust in your "race" today, and share that with the group. (Next week, ask each other how you are doing with that one change.)



③ Read Hebrews 12:18-24. In our passage for this week, the author of Hebrews contrasts Mt. Sinai (representative of the Old Covenant) with Mt. Zion (representative of the New Covenant). The author tells his readers they are not called to live like their ancestors under the Old Covenant, but they are called to live in light of the New Covenant established by Jesus.

- What were some of the ways that the original audience of the book of Hebrews was tempted to turn back to the practices and teachings of the Old Covenant? Why was this not best for them?

④ Pastor Joe said on Sunday that “in everyday life, walking out faith can be far more difficult than what I know, and what I’ve experienced, and what I’m comfortable with. We choose to live in fear with the familiar, instead of living in freedom through faith.”

- Where are you tempted to turn back to your old ways of thinking and living, rather than living in light of Jesus being the leader and forgiver of your life?
- Where do you think God is calling you to live in freedom through faith? Where is He calling you to do something differently, engage in a new habit of faithfulness, or trust Him with a new perspective?

⑤ Read Hebrews 12:25-27. In his sermon, Pastor Joe mentioned 4 indicators of fake faith:

1. Hearing the Word but not obeying.
2. No endurance when trials come.
3. Comfortable with sin.
4. Loving other things more than Jesus.

Even for those of us who trust Jesus as the leader and forgiver of our lives, it can be tempting to hear the Word without obeying, to give up in trials, to get too comfortable with our sin, and to love other things more than we love Jesus.

- Which one of these four areas do you think you struggle the most with right now, and why?
- Take a moment to pray in groups of 2-3 in your LifeGroup. Pray that the Lord will help you to run from these four temptations, and run to Jesus. Pray that He will help you and those in your LifeGroup hear the Word and obey, endure in the midst of trials, hate your sin and fight it, and love Jesus above all else.

⑥ Read Hebrews 12:8. J.I. Packer once stated that, “Christian doctrine is grace, and Christian conduct is gratitude.” Do you live in a posture of gratefulness to God - why or why not? What can you do to grow in this spiritual discipline of living in a posture of gratitude instead of entitlement?



PRAY AND APPLY

- Pray for Endurance in the Race of Faith
 - Ask God to help believers fix their eyes on Jesus and not grow weary.
 - Pray for those struggling with doubt, discouragement, or sin.
- Pray for Those Who Need to Leave “Sinai” Behind
 - Pray for those stuck in old habits, fears, or legalism to walk in grace.
 - Ask that God would free them from false security and lead them to deeper faith.
- Pray for an Unshakable Faith
 - Ask that God would help believers build their lives on what will last.
 - Pray for spiritual maturity and perseverance through trials.
- Pray for Gratitude to Shape Worship
 - Ask that God would remove entitlement and self-focus.
 - Pray that worship would be whole-hearted and life-changing.

RESOURCES

The Gospel Coalition Course - Knowing the Bible: Hebrews:
<https://www.thegospelcoalition.org/course/knowning-bible-hebrews/>



Cuyahoga
Valley Church

WEEKLY ANNOUNCEMENTS

Week of 3.16.25

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

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

EQUIP

Sunday Sessions Podcast

Sunday Sessions is a weekly theology class offered in the fall and spring. Each week various topics of doctrine and practice are explored from a conservative, evangelical viewpoint. Join us on Sunday mornings at 9:30am in Room 104/106 in the spring! If you can't make it or miss a week, catch up via our podcast [HERE](#).

