



refuge

WEEK ONE: HELP FOR MY LOSS

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We can face life and death—and everything life throws at us—by the hope that emanates from a personal relationship with the living, resurrected Lord Jesus. Let's delve into the promises we have through Jesus—promises that give us a hope and an eternal future.

Where Am I Today?

- 1) Most of us struggle when facing loss. Many of us fear death—our own or the death of those we love. If you deal with this fear, how does it manifest itself in your life? Is it a fear of your parents' death? Your child's? Your own? Do you avoid funerals or hospitals? Share a bit about your own fears or struggles in this area. And if you don't struggle with this, share why not and how you overcome this fear.
- 2) Everyone needs a refuge. The "right answer" for believers is placing our trust in God. But that's not always our first choice. What is your escape or "safe place"?

Into the Bible

- 3) **Read Hebrews 12:1-3** slowly. This weekend's message is all about the cross and the forgiveness of sin that we have because of Jesus' death and resurrection. Mike references this Hebrews passage in the message. Consider the following questions:

REFUGE

WEEK ONE: HELP FOR MY LOSS –STUDY GUIDE

- a. What do you think “everything that hinders and the sin that so easily entangles” means, especially in a believer’s life?
 - b. At the end of Hebrews 12:1, we are given an order. What is it? Is this order directed to you? What does it imply about your salvation, abundant life and future reward?
 - c. Hebrews 12:2 tells us to fix our eyes on Jesus. How can you practically do that? How do you meditate or stay fixed on Jesus and His sacrifice?
 - d. Hebrews 12:3 tells us *why* we should stay focused on Him. Why? What are the benefits to us?
- 4) Jesus Christ came down to our level, like a grandpa gets on the ground with his grandchild or the pilot talks a 80-year-old civilian down from the air. What else can you understand about the incarnation of Jesus from these passages?
- a. John 1:1 & 14
 - b. Philippians 2:5-11
 - c. Hebrews 2:6-11
- 5) Read the following scriptures and jot down just a few of the blessings and benefits Jesus-followers gain because of Christ’s sacrifice and their faith in Him:
- a. Colossians 2:13-15
 - b. Romans 8:16-17

REFUGE

WEEK ONE: HELP FOR MY LOSS –STUDY GUIDE

- c. Colossians 1:19-20
- d. John 14:26
- e. Hebrews 9:14-15

How Does This Apply?

- 6) Remember the news story where an 80-year-old woman landed the plane for her unconscious, dying husband? What strikes you personally about the crisis you are in? Are you afraid, or in denial? Are you scared, but trusting and following your lead pilot's instructions? Or, are you the pilot, talking someone through a crisis of faith? Are you unconscious and oblivious to the fear and the spiritual battle taking place? What would it take to move you to the next level of confidence and peace with God?

Digging Deeper: Going Further on Your Own

- 7) Mike made the statement that the New Testament is "a clearer revelation of God, a better covenant." That statement is based on Hebrews 7:22, where it says that Jesus is "the guarantee of a better covenant." There are at least five covenants in the Bible between God and people. This passage refers to the third (Mosaic: between God and Moses/the Israelites) and fifth (New: between Jesus and the church) covenants. What was the difference between the Mosaic and the New Covenant? How is the New Covenant better? How did the Old Testament point to the New Covenant? Read the following verses to help you get a picture of these covenants.

Exodus 24:8

Luke 22:20

Hebrews 7:22

Hebrews 8:13

Matthew 5:17

Jeremiah 31:31

1 Timothy 2:5

Hebrews 8:6

Hebrews 9:15