

9. The author compares "strange teachings" or heresies about ceremonial food with being strengthened by grace in **V9-12**. Do your best to explain why Jesus' sacrifice and the heavenly altar are better than any earthly altar or ritual.
10. It is understood by the author and recipients of this letter that there is a price to pay for following Jesus. What powerful truth is noted in **V13-14** and how would it encourage believers who were "bearing the disgrace He bore"?

11. CONSIDER JESUS: THE BETTER LOVE

This lesson highlights God's immense love for us and His expectation that we will in turn extend this love to others by living a life focused on people, purity and contentment. It calls us to hold fast to truth over the strange teachings of the world, with our eyes focused not on present circumstances but on our eternal life with Christ. Consider the verses below and write a prayerful response to each, letting go of lesser loves for His better love.

- **Psalm 36:7**

- **Zephaniah 3:17**

- **John 3:16**

- **Romans 8:37-39**

- **Ephesians 3:16-19**

MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

NAME

PRAYER REQUEST