

How to Cure the “SHRINKS”



- Has a test or trial shrunk your faith?
- Was the test so severe that you felt like there was no hope for a solution?

BIBLICAL BACKGROUND

Key Word in Hebrews: (Gk. *Kreitton*) “superior” “more excellent”

Outline of Hebrews: (Application Study Bible, p. 2060)

I. THE SUPERIORITY OF **CHRIST**. Heb. 1:1 - 10:18

II. THE SUPERIORITY OF **FAITH**. Heb. 10:19 - 13:25

Our Text: A transition from Christ to Our **Responsibility**.

Central Lesson:

Cure the “Shrinks” by Persevering in God’s “Let Us” Patch!

Text: Hebrews 10:19-25 NLT. A Call to Persevere!

I. **RECALL** YOUR ATTACK OF THE “SHRINKS.”

- Their Trouble** - “**Terrible Suffering**” Heb. 10:32-34
v. 32 NIV “**great conflict**”:
- God’s Threat** - “**I will take no pleasure in anyone who turns away!**” 10:38 NLT. (Heb. 2:3-4) “Shrinking” is a Biblical term for “Retreating,” to “Turn away.”
- Your Test** - Can you measure your faith?
 - **Ask:** How am I responding to this test?
“² ...when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance (NIV perseverance) has a chance to grow. ⁴ So let it grow (NIV perseverance finish its work), for when your endurance is fully developed, you will be perfect (NIV mature) and complete, needing nothing.” James 1:2-4 NLT

“Don’t be dejected and sad, for the **joy of the Lord** is your **strength**.”
Nehemiah 8:10c NLT

II. **REVIEW** CHRIST’S INVITATION. Hey. 10:19-21

- Jesus’ Blood Opened the Way to God**
“¹⁹ And so (NIV SINCE), dear brothers and sisters, we can boldly enter heaven’s Most Holy Place because of the blood of Jesus. ²⁰ By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place.” 10:19-21

Our walk with the Lord is to be confident!

- In Contrast:
- But now: “**a new and life-giving way.**” 10:20

(Psa. 118:19-24; by faith Heb. 11:6)

- It is possible to have a “holy place” **within us**. Jesus invites us to **enter**, but be **clean!**
- B. **Jesus’ Presence Rules the House** (Inner Being) “**And SINCE we have a great High Priest who rules over God’s house....**” Heb. 10:21
Our walk with the Lord is based on **Who Jesus is**, our Supreme High Priest! 10:10, 14
 - **Acts** records the Lordship of Christ. 110x.
 - It is **IMPOSSIBLE** to correctly communicate Christ while we are outside His house.
 - **Does Jesus rule over you completely?**

III. **RENEW** YOUR SPIRITUAL EXERCISES 10:22-25

The “LET US” Patch!

- “Let Us” **Draw Near** to God — In Purity.
“...let us go right into the presence of God with sincere hearts **fully trusting** him (faith). For our guilty consciences have been sprinkled with Christ’s blood to make us clean, and our bodies have been washed with pure water.” 10:22
 1. Be **cleansed** of a guilty conscience. Is your loyalty divided when you pray? Jas. 1:6-8
 2. Be **washed** with pure water (not baptism), but by the Holy Spirit. (Ezek. 36:25; 1 Cor. 6:11, 18-20). Have you been cleansed of filth? James 1:19-22.
- “Let Us” **Speak Out** — About Our Hope
“Let us hold tightly without wavering to the **hope we affirm**, for God can be trusted to keep his promise.” 10:23
The believer has an inner hope that is greater than any external solutions.
- “Let Us” **Stir Up** — Encouraging and Affirming Others “²⁴ Let us think of ways to motivate one another to **acts of love** and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” 10:24-25. (Rom. 8:28)

Key Verses: Hebrews 10:35-36 NLT “³⁵ So do not throw away this confident trust in the Lord. Remember the great reward it brings you!
³⁶ **Patient endurance** is what you need now, so that you will continue to do God’s will. Then you will receive all that he has promised.”

CONCLUSION: Cure the Shrinks by obeying the commands in the lettuce patch: draw ...speak out...sit up. **God had the solution before we had that “hopeless” problem.**

Central Lesson:

Cure the “Shrinks” by Persevering in God’s “Let Us” Patch!

► Accept Christ as your Savior. ► As a Christian, dedicate your life to Christ. ► Invite someone to next Sunday’s study. ► Attend a small group. ► Read the Bible this week & journal meaningful verses. ► Pray for friends that need Jesus.