

## Week 6: FORMED Series

### Fixing Our Attention on Jesus

#### Hebrews 3:1-6

<sup>1</sup> Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. <sup>2</sup> He was faithful to the one who appointed him, just as Moses was faithful in all God's house. <sup>3</sup> Jesus has been found worthy of greater honor than Moses, just as the builder of a house has greater honor than the house itself. <sup>4</sup> For every house is built by someone, but God is the builder of everything. <sup>5</sup> "Moses was faithful as a servant in all God's house," bearing witness to what would be spoken by God in the future. <sup>6</sup> But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory.

#### Comments on the Text

*"The Faithfulness of Jesus Christ (3:1-6) Here the author sets out the faithfulness of Jesus as a model for the community. Just as the comparison between Christ and the angels (1:4-14) is the basis for the exhortation not to drift away (2:1-4), the comparison between Christ and Moses (3:1-6) is the basis for the exhortation in 3:7-4:13 not to fail because of unbelief. In both units, the response to God's word is the controlling theme (cf. 3:7, 15). The comparison has shifted from the word spoken through angels at Sinai to Moses, the one who spoke for God. Everything depends on the response to God's word, for the greatness of salvation is accompanied by great consequences for those who hear. Moses is a natural object of comparison in Hebrews, for the events surrounding God's speech in the past (1:1-2) have focused on the wilderness generation. Thus the author proceeds from the giving of the law through angels (2:2) to Moses, God's supreme spokesman. Indeed, the comparison between Jesus and Moses follows naturally from the description of Jesus as pioneer (2:10-18), for it was already implicit in the description of God, who leads the people to glory through the pioneer."<sup>1</sup>*

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<sup>1</sup> George Guthrie, *Hebrews* (Zondervan Academic, 2009), pg 125.

<sup>2</sup> James Thompson et al., *Hebrews, Paideia: Commentaries on the New Testament* (Baker Academic, 2008), pg 88.

## **This week's sermon:**

Rod encouraged us to pay attention and be intentional with the things that we think about.

1. Have you ever stopped to think about the things that you think about? The things that your mind is drawn to?
2. If we want to be formed as disciples of Jesus, we need to fix our eyes (and thoughts) on Him above all else.

Rod reminded us to:

- Remember whose and who we are (v1a)
- Fix our thoughts on Jesus (v1b)
- Hold firmly to him (v6)

## **Reflection Questions:**

- What currently occupies most of my attention?
- What voices or influences are shaping me more than Jesus right now?
- What would it look like to intentionally fix my thoughts on Jesus this week?
- Where am I drifting instead of holding firmly to Him?
- If you're exploring faith today, could it be that Jesus is worth looking at more closely?

## **Prayer:**

Jesus, our apostle and high priest, faithful Son over God's house we pause now to fix our thoughts on you.

Remind us whose we are. Ground us again in the hope we have in you not as a feeling to maintain, but as a person to return to, again and again.

Help us to be intentional this week with our attention. May the questions we've sat with today linger not to burden us, but to draw us back to you. Amen.

## **Formation Practice**

We want to encourage you to do this simple exercise every day for the next 2 months. It can take 5 minutes or an hour, whatever you are able to achieve (and as you do it more and more, you'll likely find it easier to spend longer listening and reflecting).

### *Simple Daily Rhythm*

1. Listen: Read a short passage from Hebrews. **[Hebrews 3 this week]**
  - Free yourself from distractions (internal and external). You may find it helpful to play a worship song to focus your mind
  - Read slowly. Read the passage a few times.

- [Lectio Divina](#) a one helpful method of reading and sitting with a passage.
2. Reflect: What is Jesus saying to me?
    - Pray and ask Jesus to speak to you. Sit in the quiet and listen. Is he asking you to do anything?
  3. Respond: What will I do today?
    - Resolve to intentionally do something with what you have been given. There may be a practical step of obedience to take. Or you may be able to encourage someone else with what you have been given.