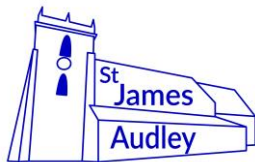




Bible Reading Notes

September 2021 - Hebrews



How to use these Bible Reading Notes:

These Bible reading notes are a resource to help you feed on God's word a little and often and allow it to change your life. If you miss a day (or several!), don't feel guilty or try to catch up; just pick up wherever you left off - it doesn't matter if it's the wrong date.

Here are some tips on how to get the most out of this:

1. Find a time and place where you can be quiet but awake.
Maybe set an alarm on your phone to remind you each day.
2. Pray. Ask God to help you understand what he says.
3. Use the notes to help you think about the Bible passage (use a good translation of the Bible like the NIV).
 - 'Read' tells you which verses to read.
 - 'Apply' shows how it affects you.
 - 'Pray' suggests ways to talk to God about it.
4. Pray about what you have read.
5. Look for a chance to share with someone what God has been saying to you.

*These notes are easy to install on most phones or tablets.
Install the 'PrayerMate' App and you'll find it under 'Add Subject →
Biblical prayers & devotions → Real Food.'
If you have any problems, email info@prayermate.net.*

Tempted to give up?

What do you think would cause you to give up following Jesus? Hebrews is written to a group of people who are tempted to give up on Jesus and turn back to Jewish religious practices because of suffering they faced for being Christians. The letter is written like a sermon, and its aim is to show how supreme Jesus is, and how he has achieved everything possible for our forgiveness. We'll also see that it is worthless and dangerous for us to turn away from Jesus and rely on anyone or anything else.

Wednesday 1st September

Are you confident that God has spoken to this world? These verses show us how!

Read Hebrews 1v1-4

- How has God changed the way he reveals himself to us? (v1-2)
- What is the Son like? (underline/notice at least 4 things about him) (v2-3)
- How do we know that Jesus has fully paid for our sins? (v3b)

Apply

- Where do we need to turn to hear what God has said to us? (see also Hebrews 2v11-12)
- How does this description of the Son affect how you usually think about Jesus?
- What difference does it make knowing that Jesus has done everything needed to deal with your sin?

Pray

Thursday 2nd September

We only tend to think about angels at Christmas! The Bible is clear that angels are real spiritual beings with power, and significantly, they delivered the message of God's law to Moses in the Old Testament (Acts 7v53). The writer to the Hebrews doesn't want his readers to be relying on angels and their message though – Jesus, God's Son is much greater!

Read Hebrews 1v5-14

- How does God's relationship with his Son compare to his relationship to angels? (v5-8)
- What moral character does the Son have? (v9)
- How does the Son relate to creation? (v10-12)
- What honour does God give his Son? (v13)
- What role do angels have? (v14)

Apply

- In what ways is Jesus greater than you tend to think of him? Do you need to say sorry to God for seeing the Son as less than he is?
- How does this passage affect/change your perspective on the spiritual realm?
- What is it about the Son that you are most thankful for? How does knowing this help you to keep following him?

Pray

Friday 3rd September

What would the signs be that you or someone else was drifting away from the gospel?

Read Hebrews 2v1-4

These Christians have heard the gospel, the good news about Jesus.

- How must they respond to this message? Why? (v1)

God's law in Exodus 20 was delivered to Moses by angels (see Acts 7v53) – disobeying that law led to punishment (v2).

- Why then do people need to pay attention to the gospel of Jesus? (v3-4)

Apply

- What stops you from 'paying careful attention' to the gospel of Jesus?
- How can you grow in thinking about and relying on the gospel more?

Pray

Pray that you and others at church would pay more attention to the gospel of Jesus and not drift away to other ideas/messages.

Saturday 4th September

How can we be confident that creation will one day be made new and ruled rightly?

Read Hebrews 2v5-9

- What role did God give mankind (v6-8) (he's quoting Psalm 8 here)?
- To what extent do we see this now? (v8b)
- How did Jesus fulfil verses 6-8 perfectly?
- What's shocking about how he did it? (v9)

Apply

Remember who Jesus is from Hebrews 1 – he's supreme!

- How does his supremacy affect how we see his suffering and death?

Pray

Thank Jesus that he fulfilled God's plans for humanity to rule creation by willingly suffering death for us.

Sunday 5th September

Why is it that Christians seem to suffer just as much, if not more than other people?

Read Hebrews 2v10-18

Hebrews was a message for Christians who were suffering for their faith.

- What stands out about how Jesus, 'the pioneer of our salvation' was made perfect? (v10)
- What relationship does Jesus have with his people? (v10-13) Why would that be comforting for suffering Christians?
- Why is it so important that God's Son became a human being? (There are at least 4 reasons here!) (v14-18)

Apply

- In what ways do you suffer for being a Christian? What difference does it make knowing that Jesus calls you His brother or sister?
- What temptations do you struggle with most at the moment? What difference does it make knowing that Jesus suffered in his temptation and is able to help you?

Pray

Through being human, Jesus was able to free us from the fear of death, become our merciful & faithful high priest, make atonement for our sins, and help those who are being tempted.

Thank him that he willingly went through suffering to achieve all this (and more) for us.

Monday 6th September

What do your thoughts tend to focus on most day-to-day?

Read Hebrews 3v1-6

- Given all we saw about Jesus yesterday, what are Christians called to do? (v1)
- These Christians were in danger of relying on Moses & the Old Testament law delivered through him. In what way was Jesus similar to Moses? (v2)
- Why is Jesus worthy of greater honour than Moses? (v3-6)
- What is needed to be part of God's house? (v6)

Apply

- How could you grow in fixing your thoughts on Jesus in daily life?
- In what ways are you in danger of losing your confidence in the gospel? How does what you've seen about Jesus grow your confidence?

Pray

Thank Jesus that he is the Faithful Son over God's house.

Tuesday 7th September

What does a bad response to God's word look like?

Read Hebrews 3v7-19

Yesterday we were encouraged to hold firmly to our confidence in the gospel. Today we see the alternative to that. Verses 7-11 are a quote from Psalm 95, which refers to the time where Israel rebelled against God (who had saved them from Egypt – you can read about their rebellion in the book of Numbers).

- What's the Holy Spirit's main warning to the church through this Psalm? When is the warning for? (v7-11)
- What role do people at church have in helping each other to hold their 'original conviction' in the gospel to the end? (v12-15)
- What made Israel's rebellion so shocking? (v16) Why could they not enter the promised land? (v19)

Apply

- Are there areas of God's word that you are deliberately choosing to ignore or disagree with?

[This might especially be the case if you are going through a hard time, as Israel were in the wilderness. Do say sorry to God and ask for the Spirit's help to listen to and trust his word. Also, talk to a trusted friend at church if you can.]

- Is there someone at church you know who has stopped coming to Bible study or church lately? How can you encourage them/challenge them in their faith?

Pray

Wednesday 8th September

Did you realise that rest is what the Christian has to look forward to?

Read Hebrews 4v1-19

The promise of God's rest/eternal life is available to all who believe in the gospel.

- What warning is there for people who have heard the gospel (good news)? (v1-5)
- How do we know that the promised land that Joshua entered wasn't God's ultimate rest for His people? (v6-10)
- Knowing they have God's rest to look forward to, how should God's people respond? (v11)

Apply

- Do you think you have eternal life because you go to church and hear the gospel each week? If so, what would it look like for you to believe the gospel rather than just hear it?
- Or maybe you have been a Christian for a while and are used to going through the motions of the Christian life. How can you 'make every effort' to enter the rest of eternal life? (So that following Christ is like being in a marathon rather than taking a stroll!)

Pray

Thursday 9th September

What would you say the sharpest weapon is?

Read Hebrews 4v12-16

We saw yesterday that Israel failed to respond to God's word in faith.

- Why must God's word not be ignored? What purpose does it have? (v12-13)
- Having been exposed by God's word, what is the right response? How is Jesus exactly the priest we need? (v14-16)

Apply

- What do you expect God's word to do when you hear it or read it? How does this passage shape your attitude and your prayers as you come to hear or read God's word?
- Where do you go first in your 'time of need' - when you are aware of your sin and battling with it? How can you grow in turning to Jesus first?

Pray

Friday 10th September

Why is a human priest not enough for us?

Read Hebrews 5v1-10

- How is the ordinary high priest described? (v1-4)
- How was Christ appointed to be high priest? (v5-6)
- How did Jesus become a perfect high priest? (v7-10 - we'll find out more about Melchizedek later!)

Apply

- What or who are you tempted to rely on as the basis for your access to God?
- What have you seen from this passage that makes you want to rely on Jesus instead? How can you grow in doing that?

Pray

Thank Jesus that he was willing to suffer to become your perfect high priest.

Saturday 11th September

What would you say makes someone a mature Christian?

Read Hebrews 5v11-6v3

Here the writer is taking a pause in the description of Jesus as the perfect high priest in order to warn his readers.

- What problem do these Hebrew Christians have? (v11-14)
- How can they grow? (6v1-3)

Apply

- How much has your knowledge of God's word grown since you have become a Christian?
- If it isn't growing now, why is that? What will help you to become more mature?
- If you do know more than the basics of the gospel, how are you able to pass on what you've learned to others at church?

Pray

Sunday 12th September

Do you sometimes feel like being a Christian is too much effort?

Read Hebrews 6v4-12

We've seen that Hebrews was written to Christians who were tempted to move away from Christ and depend on the Old Testament system of worship. The message so far has been 'look how great Christ is!' so that the hearers won't want to turn away from him.

Here the writer gives a warning so that it's clear that turning away from Christ is a very bad idea.

- Why must falling away from Christ (giving up trusting him) not be taken lightly? (v4-8)
- What is the evidence that these readers are genuine Christians? (v9-10)
- What should their attitude be moving forwards? (v11-12)

Apply

- Do you ever think following Jesus is too hard? How are you warned not to give up?
- Do you know any at church who seem to be drifting away? How can you try to draw them back?
- God doesn't forget your work for him. Are you using your time and resources for the benefit of other Christians in ways that you wouldn't have done as a non-believer? Be encouraged that God notices!
- Just like the Hebrews, we're in danger of becoming lazy in our faith. What faithful Christians do you respect? How can you grow in modelling your life on theirs?

Pray

Monday 13th September

In an era of 'fake news' it can feel hard to know who to trust and who to put our hope in.

Read Hebrews 6v13-20

- How did God demonstrate his trustworthiness to Abraham? (v13-15)

Christians are the 'heirs of what was promised' to Abraham – God wanted us to be very clear on this, so he made an oath to establish Christ as our priest (see Psalm 110v4).

- How does God want us to respond to his promise and his oath? (the 'two unchangeable things') (v18b)

The 'inner sanctuary' in the Old Testament tabernacle/temple was where God was and no one could enter apart from the high priest once a year.

- Why is our hope of access to God and eternal life as certain as an anchor? (v19-20)

Apply

- What difference does it make to you knowing that God doesn't just promise to save you through Christ but backs his words up with action?

Based on our own day-to-day lives it would be impossible for us to access a Holy God.

- What difference does it make knowing that Jesus has entered God's presence on your behalf as your priest?

Pray

- Thank God that he is trustworthy - backing up his words with his actions.
- Thank him that Jesus was made a high priest so that you could have the certain hope of salvation.

Tuesday 14th September

Here we get to find out more about mysterious Melchizedek! The details can be confusing - the main things to take away are what we learn about Jesus.

Read Hebrews 7v1-17

- In what ways does Melchizedek resemble Christ? (There are at least 4 ways – see v1-3)

The Levitical priesthood was the priesthood that represented Israel before God in the Old Testament. The Levites were meant to receive a 10% tithe from God's people Israel (v5).

- If great Abraham himself (ancestor of the Levites) gave Melchizedek 10%, what does that say about Melchizedek's importance? (v4-10)

Christ came as a priest in the line of Melchizedek, not the line of Levi.

- Why was the Levitical priesthood not good enough? (v11-12)
- Because Jesus wasn't from the tribe of Levi, he couldn't be made a priest based on his ancestry (v13-14). What was the basis of Jesus' priesthood? (v16-17)

Apply

- Do you ever feel dependent on Christian parents or Christian leaders for your access to God? Why is that a wrong way of thinking?
- What difference does it make knowing that Jesus is your priest forever? Thank him!

Pray

Wednesday 15th September

How can you be certain that Jesus really is your representative before God?

Read Hebrews 7v18-28

- What was the problem with the Old Testament law? (v18-19a)
- How can we be certain that Jesus guarantees a better covenant? (v19b-22)
- How is Jesus a much better priest than those appointed by the old covenant law? (v23-28 – there are at least 5 reasons!)

Apply

- Do you ever fall into thinking that you are partly saved through Jesus and then you have to do the rest of the work yourself? What difference does it make knowing that Jesus is 'able to save completely', and that he sacrificed for sins 'once for all'?
- Do you realise that you could never approach God on your own because of your sin?

Pray

Thank Jesus that he truly meets your need before God.

Thursday 16th September

What is the main point of Hebrews? In 8v1 the writer wants us to be certain that Jesus, our high priest, is THE perfect high priest described at the end of chapter 7. He is 'one who truly meets our need' (7v26).

Read Hebrews 8v1-13

- Where is Jesus serving as priest now? (v1-2) How is that different from where priests on earth served? (v3-5)
- What was wrong with the old covenant that the priests served under? (v6-9, 13)
- How is the new covenant mediated by Jesus better? (8v6, 10-12 – at least 4 reasons)

Apply

- Do you ever struggle to trust Jesus as your priest because you can't physically see him here on earth? Having read this, do you see why it's better that he serves as your priest in heaven?
- Do you ever feel as though your relationship with God is dependent on others? Trust that because of Jesus, he wants you to know him personally, whatever stage you are at (v10-11).
- Do you ever think you've messed up one too many times for God to forgive you? Praise him that because of Jesus, God continues to forgive you and doesn't remember your sins (v12).

Pray

Friday 17th September

How is it possible to have a clean conscience?

This passage shows how much was needed for Jews under the Old Covenant to relate to a Holy God. It shows how insufficient the system was for relating to God and achieving forgiveness or a clean conscience.

Read Hebrews 9v1-15

- Who was the only person with access to the 'inner room' where God's presence was? (v7)
- What were the limitations of his sacrifice (at least 3)? (v7, 9-10)
- Christ entered the heavenly tabernacle - where God is (v11). How was Christ's sacrifice so much better than the human high priest? (v12, 13, 14)
- What can we have as a result of Christ's death? (v15)

Apply

- Do you ever forget that it's impossible it is to enter God's presence safely without Christ representing you?

Pray

Thank Christ that he gave his blood for you so that you could have a clean conscience and serve God.

Pray that you would serve him and look forward to the promised eternal inheritance he has for you.

Saturday 18th September

How can you be sure that Jesus' sacrifice for you is complete?

Read Hebrews 9v16-28

- What are the two reasons that blood is needed to establish a covenant (or will)? (v16-22)
- How was Christ's sacrifice much better in location and quality than the sacrifices of the old covenant? (v23 -28a)
- What will Christ do to finally complete his saving work? (v28)

Apply

- Do you remember that your sin is serious enough that it requires blood (death) to deal with it?
- How much are you waiting for Jesus' return? How can you grow in looking forward to his coming?

Pray

Thank Jesus that his one sacrifice was enough to take away your sins.

Sunday 19th September

How can we be sure that we're forgiven?

Read Hebrews 10v1-18

- What was the problem with the sacrifices asked for in the Old Testament law? (v1-4)
- How did Jesus' coming solve the problem? (v5-10)
- Why did Jesus only need to offer his sacrifice once? (v11-18)

Apply

- Do you ever try harder to 'make up for' your sin?
- How does this passage give you confidence to rely on Jesus' sacrifice instead?

Pray

Thank Jesus that through his one sacrifice he made you perfect before God (v14).

Monday 20th September

Did you realise that you have an access to God that was never possible before Jesus?

Read Hebrews 10v19-25

- Why can Christians have confidence to enter into God's presence? (3 reasons - v19-21)
- Knowing we can approach God through Christ, what should our response be? (v22-23)
- How does this access to God affect how we treat other Christians? (v24-25)

Apply

- Do you feel confident to enter into God's presence? Why/why not?
- Who is it that you can text/call/meet up with this week to encourage them in their faith? Or, is there anyone you haven't seen at church for a while who you could encourage to come back?

Pray

Thank God that you can enter his presence as someone fully cleansed by Christ's blood.

Tuesday 21st September

We have seen that the blood of Christ is enough to cleanse us from all our sin. But:

Read Hebrews 10v26-39

- What is the problem if we ignore this provision and deliberately keep sinning? (v26-31)
- How does the writer remind these Christians of their genuine faith? (v32-34)
- After this warning and this encouragement how should they respond? Why? (v35-39)

Apply

- Is there an area of your life where you are repeatedly choosing to sin and aren't repenting? Please speak to your minister/trusted Christian friend/church leader as soon as you can.
- As you look back on your life as a Christian (however long that is) can you remember times that you were willing to suffer for Christ? What made you willing to do that? How does that give you confidence to keep following him now, even if it's hard?

Pray

Wednesday 22nd September

How do you think people in your culture would describe the word 'faith'? At the end of yesterday's passage we saw that Christians are those who 'have faith and are saved.'

Read Hebrews 11v1-16

- What is faith? (v1-3)
- How do believers of the past show the importance of faith? (v4-7)
- How did Abraham & Sarah's faith show itself? (v8-11)
Why was trusting God worth it? (v12)
- Look at v13-16 – what were believers in the past living for? Why was that worth it?

Apply

- How does this passage help you to trust God when you can't see him?
- The faith of Noah and Abraham led them to obey God in ways that would have been difficult for them. What links are there between faith and obedience in your life?
- How often do you feel like a stranger on earth? How can you grow in longing for your heavenly city?

Pray

Thursday 23rd September

Surely being a person of faith is boring?! Not according to these people...

Read Hebrews 11v17-40

- How would you summarise the effects that faith had in the lives of these Old Testament believers?
- Why did Old Testament believers not receive what God had promised in their lifetime? (v39-40)
- Why was their faith worth it?

Apply

- How does this passage challenge our desire for a comfortable life?
- What have you seen that motivates you to be willing to suffer for Christ?

Pray

Thank God that because of Jesus' coming you have access now to the 'something better' that the Old Testament believers were waiting for.

Friday 24th September

Did you ever realise that the Christian life is like a marathon? In chapter 11 we've seen examples of Old Covenant believers who ran the race before us. They had faith in God even though they didn't receive what he'd promised in their lifetime. They were all witnesses to why it is worth trusting God even in the hardest times.

Read Hebrews 12v1-3

- Knowing about the faithful believers who went before us, what should we get rid of? And who should we focus on? (v1-2)
- Why is it important to remember Jesus when we are suffering as Christians? (v2-3)

Apply

- What is hindering you most in the race God has marked out for you? What sin is starting to entangle you?
- How can you throw it off? – even today? Ask a trusted Christian friend for help if needed.
- Where do your eyes turn when you face opposition as a Christian?

Pray

Ask God to help you to fix your eyes on Jesus.

Thank him that as the pioneer and perfecter of faith, Jesus will keep you going.

Saturday 25th September

How do you normally react during times of suffering?

These Hebrew believers were experiencing suffering as Christians.

Read Hebrews 12v4-13

- How does seeing God as our Father affect how Christians should see their suffering? (v4-8)
- How should Christians respond to suffering? Why? (v9-12)

Apply

- How is your faith affected by suffering? Do you tend to 'make light of the Lord's discipline' (ie ignore it), or do you 'lose heart' thinking God has turned against you?

Pray

Ask God to help you to trust that, as your Heavenly Father, he knows what he's doing in hard times.

Pray that you, and Christians you know, would be 'trained' by suffering you go through – so that holiness, righteousness and peace would grow in your life as a result.

Sunday 26th September

What are the issues that could stop you making it to the end of the Christian race? At the beginning of this chapter the writer encouraged these Christians to run the race with perseverance, fixing their eyes on Jesus, and throwing off the sin that entangles. Today's passage shows ways to put this in practice.

Read Hebrews 12v14-17

- How should Christians relate to each other as they 'run the race' together? Why is it important that Christians look out for each other? (v14-15)

In chapter 11 we saw lots of positive examples of believers' faith under the old covenant. They were willing to suffer for God because they trusted God's promises for the future. In Esau we see the opposite- he is a negative example for us.*

- What was Esau living for? What was he failing to remember? Why was this a problem? (v16-17) What does a sexually immoral person have in common with Esau? (v16)

*Read Genesis 25.27-34 to see what happened if you have extra time.

Apply

- Is there anyone at church you're avoiding because they've upset you? What effort is required to make peace with them?
- Do you know any other Christians well enough to be aware if they are feeling bitter towards God or others, or are indulging in sin? Do any other Christians know you well enough? Which one or two people could you invest in to encourage and challenge each other?
- Are there areas of your life where you are choosing instant gratification/satisfaction of desires over obeying God? How is Esau a warning to you?

Pray

Monday 27th September

Why, as Christians, do we need to be confident in what we can't see?

Read Hebrews 12v18-29

The mountain referred to in v18 is Mt Sinai - the location that the old covenant was delivered to God's people via Moses. Mt Sinai was a physical mountain that people could physically touch (though they weren't allowed to when God was present.)

- What sort of access did the people have to God and what was their experience of him then?* (v18-21)
- Mount Zion is heavenly, we can't see it yet. But what access do Christians have to God now under the new covenant? How is the experience compared to the old covenant? (v22-24) How was this access achieved? (v24)
- God speaks through Jesus and his blood in the new covenant. Why is there a warning not to refuse/reject him? (v25-27)
- What should Christians' response be instead? (v28-29)

* Read Exodus 19-20 if you have extra time & want to see the full account

Apply

- Are you ever tempted to give up fixing your eyes on Jesus because you can't physically see or touch him yet?

Pray

Ask God to help you to look forward to the heavenly city that Jesus' blood has guaranteed for you, and not to turn away from God's message of Jesus and his blood.

Thank God that because of Jesus your name is 'written in heaven.'
Ask him to help you worship him thankfully and in awe every day.

Tuesday 28th September

What comes to mind first when you think of the word worship? Yesterday we were called to 'be thankful, and so worship God with reverence and awe' (Hebrews 12v28). Today's passage shows how this thankful worship should look in our lives - not what we might expect!

Read Hebrews 13v1-6

- How should worship of God affect relationships at church* and with strangers? (v1-3)

Yesterday, we saw that we're looking forward to a heavenly Jerusalem that we can't touch yet. In Hebrews, we're often called to focus on what we can't yet see, so that we aren't entangled in sin with things we can see and touch now. (12v1-2)

- How does this impact how Christians treat marriage? (v4)
- How does this impact how Christians treat money? (v5-6)

*Those in prison are likely to be fellow Christians who are there because of persecution.

Apply

- What will it look like for you to love others at church as brothers and sisters (Especially those who are suffering in some way)? Who is on the fringes of church life/new to the area who you can invite for dinner or a cup of tea?
- If you are married, how can you deliberately show love towards your husband/wife today? Are there websites or a particular person you need to avoid? If you aren't married, how can you better support and pray for married couples you know? How can you be growing in purity?
- How do you feel about your financial situation?

Pray

Thank God that he'll never forsake you and that he is your helper.

Wednesday 29th September

Does being a Christian ever leave you feeling rejected by those around you? These Hebrew Christians felt the shame of being identified with Christ and were tempted to leave behind the gospel of Jesus.

Read Hebrews 13v7-19

- Why do the Hebrews need to remember their leaders? How would that help them keep focusing on Jesus? (v7-8)
- What warning is there? (v9) Why is Jesus so much better than other teaching/Jewish practice? Why does following Him involve cost? (v9-14*)
- What should the Christian's response be to Jesus' sacrifice & the city we have to look forward to? (v15-19)

*In the Old Covenant, the animal sacrifices for the people's sins were burned outside the city because they were cursed. Likewise, Jesus was crucified outside the city to take our curse. Going 'outside' to Jesus (identifying with him) involves shame and rejection. But the writer assures the Hebrew Christians that Jesus and what he offers is worth it!!

Apply

- Who was the Christian leader who was key in you becoming a Christian/growing as a Christian? What would it look like for you to imitate their faith?
- What are you in danger of relying on to grow your faith that isn't the gospel? How can Jesus become the one you completely depend on for the Christian life?

Pray

Thank Jesus that he willingly bore disgrace to achieve your forgiveness. Say sorry for times when you are ashamed to be associated with him & pray for courage to follow him whatever the social cost.

Give thanks and pray for your church & small group leaders.

Thursday 30th September

How will it be possible for you to keep living for Jesus until the end, even when it's hard? This passage shows us who makes it possible.

Read Hebrews 13v20-25

- Look at v20-21 – who is the one who gives his people what they need to live for him? What is he like? How do we know we can trust him?
- How does the author of Hebrews want his hearers to respond to what he's said? (v22)
- 3) What kind of relationship did these Christians have with each other? (v22-25)

Apply

- Which Christian brother/sister or leader can you greet and encourage today?

Pray

Thank God that he is the one who equips you with what you need to do his will, and who works in you to change you.

Pray the prayer in v20-21 for yourself and for your church:

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.