

DAY

AND

NIGHT

DEVOTIONAL

THE BOOK OF HEBREWS

Day and Night Devotional

The Book of Hebrews

You are about to explore the letter to the Hebrews. Although we don't know who exactly wrote it or even to whom they wrote it, we do know that it was written under the *inspiration* of the Holy Spirit to a group of early Christians that knew the Old Testament Scriptures really well. Ultimately, this letter is God's Words that He wants to speak to *you*.

The idea for this "Day and Night" devotional comes from **Psalm 1:1-3 (NLT)** which says, "*Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it **day and night**. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.*"

Because you are reading this, it's obvious that you want to be like that tree planted by the riverbank, growing as a disciple of Jesus and bearing fruit each season. If you ever have any questions as you explore, don't hesitate to reach out to your youth leader or parents for help. Another great tool that can help you understand the Bible and what God wants to speak to you through Hebrews can be found by watching the video below.



DAY 1

Scripture: Read Hebrews 1

Day: Looking at this chapter, what does the author tell you about who Jesus is? Why does it matter that Jesus is God?

Night: Verses 5-14 talk about Jesus being superior or “better” than angels. What did you learn about angels? What comfort does it give you that Jesus created the world and “is always the same and will live forever?” (verse 12)

WHAT DID GOD SPEAK TO YOU?

DAY 2

Scripture: Read Hebrews 2:1-4

Day: In what ways do these verses make you feel uncomfortable? How have you not taken the Bible (God’s Words) as a matter of life and death?

Night: Why is Jesus’ salvation “great?” What makes His message different from any other religion or influencer? How has God proven that Jesus is Lord?

WHAT DID GOD SPEAK TO YOU?



DAY 3

Scripture: Read Hebrews 2:5-18

Day: How do these verses show you that Jesus was 100% God AND 100% man? Why did Jesus need to be both to save people from death? What questions do you have about God being a “Trinity:” one God, but three distinct persons (Father, Son Jesus, and Holy Spirit)?

Night: Why would God choose to save people from their sins? Why not let us all die for our sinful ways? Reflect on what God has saved you from and how He no longer holds your sin against you. How does it impact you that God is your father and Jesus is your brother?

WHAT DID GOD SPEAK TO YOU?

DAY 4

Scripture: Read Hebrews 3:1-6

Day: Since it is clear this letter was written to people who knew all about God’s faithfulness to the Israelites in Genesis-Deuteronomy, why would the author go through such pains to show them that Jesus was greater or “better” than Moses? What does the word “Christ” mean and why does that matter?

Night: Look back at verse 6. Jesus is in charge of us, since we are God’s house. How have you been living like YOU are in charge of your life? What step could you take today to let Jesus have control over what happens in “your house?”

WHAT DID GOD SPEAK TO YOU?



DAY 5

Scripture: Read Hebrews 3:7-18, 4:1-13

Day: What does “hardening your heart” look like for you? When do you find yourself shutting God out of your decisions, daily activities, hardships, and relationships?

Night: Who do you need to pray for right now that has an “unbelieving heart?” How could you “warn” them in love that they need to turn to Jesus to be saved from God’s wrath and to experience the full life God wants them to?

WHAT DID GOD SPEAK TO YOU?

DAY 6

Scripture: Read Hebrews 4:14-16, 5:1-10

Day: What is a high priest and why did people need one before Jesus came to earth and died on the cross?

Night: How might embracing Jesus’ humanity, understanding of weakness, suffering, obedience to the Father, and humility, encourage you to approach Him differently when you pray, read the Bible, go to church, worship, etc.?

WHAT DID GOD SPEAK TO YOU?



DAY 7

Scripture: Read Hebrews 5:11-14, 6:1-12

Day: If you claim to be a disciple (follower) of Jesus, in what areas do you still need to mature? How have you lived off someone else teaching you, instead of teaching others how to follow Jesus? In what areas do you need to repent (say sorry and turn to go the other direction)?

Night: How is it possible to stay passionate for Jesus and not let your faith become “dull?” In what ways is your life “soaking up the falling rain” in learning about the ways of Jesus, and what “good crops” are coming as a result?

WHAT DID GOD SPEAK TO YOU?

DAY 8

Scripture: Read Hebrews 6:13-20, 7:1-28

Day: What promises did God give in the Old Testament that came true in Jesus? What promises did Jesus make that we are still waiting on? Why do you personally trust God to keep those promises and how does that hope keep you from abandoning your faith?

Night: From chapter 7, why is Jesus a “better” high priest than those in the Old Testament, even though God was the one who made strict rules making Levities the priests? What was the purpose of the law and how did Jesus fulfill it?

WHAT DID GOD SPEAK TO YOU?



DAY 9

Scripture: Read Hebrews 8:1-13

Day: What does the author mean by “Old Covenant” and “New Covenant?”

Night: Take time to look back in your Bible at Exodus chapters 24-30. Skim through them looking at all the details of what the Israelites had to do to be forgiven of their sins before Jesus came to earth hundreds of years later to be the “better” high priest.

WHAT DID GOD SPEAK TO YOU?

DAY 10

Scripture: Read Hebrews 9:1-5

Day: Take time to look back at Exodus chapters 25-30 again. Look at each of the items in the Tabernacle. Why do you think God had so many regulations for worshipping Him? What does that say about God’s nature?

Night: How do you think studying the Old Testament would help you understand Jesus and your faith more? How have you thought of Jesus as being more like you than a Jewish man whose ancestry deeply matters to the message He was bringing as the Messiah?

WHAT DID GOD SPEAK TO YOU?



DAY 11

Scripture: Read Hebrews 9:6-10

Day: The author of Hebrews explained here that only the Jewish High Priest could enter the Most Holy Place where God's presence was once a year. Jesus would have been able to enter God's presence at anytime because He was without sin and because He was God. Why does this make Him a "better High Priest?"

Night: Take a few deep breaths. Meditate on the truth that YOU can now enter the "Most Holy Place" and be right in God's presence! Take a few minutes to sit in God's presence worshipping Him and remembering how much He went through so your relationship would not be broken.

WHAT DID GOD SPEAK TO YOU?

DAY 12

Scripture: Read Hebrews 9:11-15

Day: How have you been "trying hard to do good things and trying hard not to do bad things?" How does Jesus "securing our redemption forever" change the way you think about the goal of being a Christian?

Night: Before Jesus' death on the cross, you could not be close to God because of your sin. This is because God is "holy." Take time tonight to pray and thank God for cleansing you of the guilt and punishment your sins deserve. Take a few moments and delight in your forever inheritance of being His child. Thank Him that no more blood needs to be shed for you to be forgiven and ask the Holy Spirit to make you more like Jesus.

WHAT DID GOD SPEAK TO YOU?



DAY 13

Scripture: Read Hebrews 9:16-22

Day: As weird as it feels in present day, take time in prayer today to thank Jesus for shedding His blood for our forgiveness.

Night: This passage of Scripture may seem so foreign to you, not just because of all the blood, but because many people don't have the same standards of what is sinful. In what ways have you defined your morality (what is right and wrong) by what everyone else in current culture believes?

WHAT DID GOD SPEAK TO YOU?

DAY 14

Scripture: Read Hebrews 9:23-28

Day: Based upon this Scripture, how were the Old Testament sacrificial system and Tabernacle "copies" of things in Heaven? What does it mean that Jesus is now appearing before God on our behalf? Why is He still mediating for us?

Night: Did you know that Jesus promised to come to earth again? Spend time tonight eagerly expecting Jesus' return when He will bring salvation to those who love Him—making all the wrong things right.

WHAT DID GOD SPEAK TO YOU?



DAY 15

Scripture: Read Hebrews 10:1-4

Day: What sin in your life, past or present, is still weighing you down with shame? What is the difference between “conviction” from the Holy Spirit that leads you to love God more and “condemnation” that leads you away from God and into hating yourself?

Night: Present day, instead of relying on blood & goats to take away our sins, our world thinks changing the rule book will take them away. Think about how things like laziness, gluttony, going into debt, physical boundaries in dating, and a college party phase are now all considered normal. We may change their names, but sin is still serious, and Jesus is still the only once-and-for-all fix everyone needs.

WHAT DID GOD SPEAK TO YOU?

DAY 16

Scripture: Read Hebrews 10:5-18

Day: Verse 5 says, “you have given me a body to offer.” What would it look like for you to offer what you do with your life as a sacrifice to God. Instead of bull, what if you offered your post-high school education or work plans? Instead of sheep, what if you offered your dating choices? Instead of grain, what if you offered your reputation and preached the name of Jesus in your school?

Night: Why did Jesus have to make us holy/perfect in God’s sight? What does it look like to have God’s “laws written on our hearts?” Take time now to ask the Holy Spirit to help you understand all the God is trying to teach you right now through the book of Hebrews.

WHAT DID GOD SPEAK TO YOU?



DAY 17

Scripture: Read Hebrews 10:19-22

Day: Since this book is written to devoted followers of Jesus, how might someone take these verses out of context to say that everyone living in any way that they like can go right into God's presence boldly? What is this "new and life-giving way" that Jesus opened? How would someone follow that way?

Night: Check out Matthew 27:50-51. The "curtain" into the most Holy Place was at least 4 inches thick and at least 40 feet high. What significance is the author of Hebrews making about Jesus tearing the curtain? Why does it matter to you?

WHAT DID GOD SPEAK TO YOU?

DAY 18

Scripture: Read Hebrews 10:23

Day: What promises has God made? Does He promise a life without suffering? Does He promise you riches or success? Why is it so hard for you to trust God to be faithful?

Night: What questions or doubts, relationships, or sin struggles do you have that might make you waiver in your commitment to Jesus? What is going to keep your faith strong when hard times come?

WHAT DID GOD SPEAK TO YOU?



DAY 19

Scripture: Read Hebrews 10:24-25

Day: Take a moment now to ask God one specific thing you can do today to motivate another brother or sister in Christ toward love and good deeds for the glory of God.

Night: When are you most quick to neglect meeting together with other Christians? How has busyness caused you to put your faith in God on the back burner? If Jesus was returning tomorrow, what would you change in your life?

WHAT DID GOD SPEAK TO YOU?

DAY 20

Scripture: Read Hebrews 10:26-31

Day: How do you understand and balance the fact that God loves us AND that God will judge with wrath those who reject Him?

Night: In what areas of your life do you deliberately continue sinning because it's difficult or because you think it doesn't apply to you, because it is culturally normative, or because you know God will forgive you? What role should repentance and our hearts posture toward God play in our daily, not just Sunday, life?

WHAT DID GOD SPEAK TO YOU?



DAY 21

Scripture: Read Hebrews 10:32-39

Day: Even though you may not face death for being a Christian, how prepared are you to face ridicule or suffering for following Jesus whole-heartedly? Many people turn away from God when things get hard in life. How can you develop perseverance (not giving up) when it comes to your faith?

Night: If it's hard, why do you personally find following Jesus worth it? If you weren't a Christian, what would change?

WHAT DID GOD SPEAK TO YOU?

DAY 22

Scripture: Read Hebrews 11:1-3

Day: Why do you believe in what you can't see? How do you know that God created the world, and that the Bible is the only truth?

Night: Take some time to look up Shawn McDowell's YouTube channel if you can. Look at some of his shorter videos that talk about evidence for God's existence and creation. It is good to think through WHY you believe what you do about God. Faith is believing in what you can't see, but that doesn't mean you can't have a "reasoned faith."

<https://www.youtube.com/user/Seanmcdowell76>

WHAT DID GOD SPEAK TO YOU?



DAY 23

Scripture: Read Hebrews 11:4-34

Day: How did this passage help you to see these people as historical people and not just fairy tales and story characters? How does their faith embolden you to live more passionately for Jesus?

Night: How did this passage, “the hall of faith,” tie the Bible into ONE story for you about God’s glory and redemption of humans instead of individual stories about good people we should look up to? How is God the hero of this story and not Moses, Abraham, or you?

WHAT DID GOD SPEAK TO YOU?

DAY 24

Scripture: Read Hebrews 11:35b-40

Day: Why do you think the author of Hebrews included these unnamed people who didn’t have the “happy ending” we would expect in the “hall of faith?”

Night: What hard things have you been through in your life? What is God’s promise to those who suffer?

WHAT DID GOD SPEAK TO YOU?



DAY 25

Scripture: Read Hebrews 12:1-2

Day: What role does accountability and community in the church play in your life? How vulnerable are you with others at church about your joys and struggles—even the scary ones to talk about? Why are they necessary for “running with endurance the race God has set before us?”

Night: What was the joy Jesus was waiting for after His separation from God on the cross? Take a moment in prayer to tell God all the things you are thankful for. Delight in His love for you as you end your day.

WHAT DID GOD SPEAK TO YOU?

DAY 26

Scripture: Read Hebrews 12:3

Day: How have you been weary? What needs to change in your schedule or relationships for you to have a healthy body that can endure?

Night: Since we see that Jesus can relate to suffering and stress on account of other people, what does Jesus want to speak to you today about what is going on in your life?

WHAT DID GOD SPEAK TO YOU?



DAY 27

Scripture: Read Hebrews 12:4-11

Day: What is the author referring to with God discipling us? Is pain and suffering from God?

Night: Take a moment to let the Holy Spirit search you heart and bring to mind any areas of your life that you are not letting Jesus refine in you? What would a “peaceful harvest of right living” look like in your life?

WHAT DID GOD SPEAK TO YOU?

DAY 28

Scripture: Read Hebrews 12:12-29

Day: Verse 12 essentially says, ‘you are going to crush it today because Jesus is making you strong—He is showing you the way to live for Him.’ How are you going to walk in your calling today, living at peace with everyone, looking after others, and not letting sin have control over you? Invite the Holy Spirit to carry you today. It’s through Him alone we look more like Jesus.

Night: In prayer now, thank God for making you His child, preparing a place for you in an “unshakeable kingdom,” and “writing your name in heaven.” Without rushing, worship God not just for His love, but for His holiness, His power, His justice, His might. Stand before Him confident because Jesus is your mediator, yet in humble fear and awe because He is boss.

WHAT DID GOD SPEAK TO YOU?



DAY 29

Scripture: Read Hebrews 13:1-18

Day: Intentionally give God a “sacrifice of praise” today. Praise Him when you wait in line. Praise Him as you walk to classes. Praise Him as you play sports or do activities after school. Praise Him at your job. Praise Him in the way you speak to your parents and sibling. Praise Him with your free time. Praise Him with how you share with others in need. Jesus wants your heart today. Even if you are struggling—praise the Lord with your words and your actions!

Night: How can you be sure that you are not “attracted to strange, new ideas” and instead, build your worldview on Jesus who is the “same yesterday, today, and forever?”

WHAT DID GOD SPEAK TO YOU?

DAY 30

Scripture: Read Hebrews 13:19-25

Day: Verse 19 reminds us that Hebrews is a letter from a real person—a leader in the early church shortly after Jesus ascended back into heaven after His resurrection. It was written under God’s inspiration and it is also God’s Words to us. This author wrote a short song or poem in vs. 20-21. Take time to write your own poem about who God is and what He has shown you from reading Hebrews.

Night: Just like the author mentions Timothy and all the leaders in the church this letter was written to, send a text message to a spiritual leader in your life who has encouraged you, thanking them for impacting you.

WHAT DID GOD SPEAK TO YOU?



What did God speak to you through His Word in the book of Hebrews?

What will you read next in the Bible?

Who will you invite to join you?

