



## GO! CHRIST'S COMMUNITY

Session 3 – Out of Our Comfort Zone into  
Christ's Confident Courage  
Hebrews 13: 10-16 (NRSV)

**Key Verses:** *Through [Jesus], then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess [Jesus'] name.*

Hebrews 13:15 (New Revised Standard Version, NRSV).

### INTRODUCTION

Session 3 focuses on moving out of our comfort zones in our local congregations and encouraging Christ-followers to offer sacrifices of praise by confessing Jesus' name as their Lord and Savior with confident conviction and courage.

### INTERPRETATION OF HEBREWS 13:15: (Have Scripture passage read aloud)

The author of Hebrews again summons, exhorts, and encourages the Christ-community with an appeal to continually offer a sacrifice of praise to God. Christ-followers are to be confident, courageous and full of conviction that Jesus is the Christ, their Lord and Savior.

### QUESTIONS TO PONDER AND DISCUSS

- *Why would praise to God be a sacrifice?*
- *Why the need for continual God-praise?*
- *Why does continual explicit, oral praise matter?*
- *When and where should this verbal praise occur?*

**Exploring Other Texts:** *Divide the group into 4 smaller groups/pairs and assign one scripture text and questions to each group/pair. When everyone has had a chance to read and respond bring the whole group back together. Ask each group/pair to read their scripture passage and share their insights.*

- **John 20:1-18** – *Mary shared the good news of the risen Jesus. How do you imagine she shared it? How do you think she felt after the disciples failed to believe her? How can we encourage one another with our praise and the fruits of our lips?*
- **Romans 16:1-2** – *Who was Phoebe? What did she do? (Note: a benefactor was a person of wealth and substance that supported others). Why did the Apostle Paul feel a need to write what he did? Given the times in which she lived, how did Phoebe show courage?*
- **Romans 16:3-4** – *Who were Prisca (Priscilla) and Aquila? What did they do? As a married couple, what can they teach us about sacrifice, courage, and fruits of life? (See also Acts 18:1-4)*
- **Luke 8:1-3** – *Name the women who followed Jesus? What do we know about them? What kind of confidence, conviction and courage did it take for these women to follow Christ?*

### **CLOSING THOUGHTS:**

The Session hopefully has shown that women were Christ-followers from early on in Jesus' ministry, beyond his crucifixion, resurrection, and ascension. They moved beyond their comfort zones with conviction, confidence, and continually offered sacrifices of praise. If there is time remaining for further discussion invite the participants to think about their own comfort zone.

- Are you in a rut of complacency? If so, what steps might you take to go with the Christ-community to where Jesus is rendering saving adventures?
- How might you move beyond your comfortable boundaries to proclaim Jesus?

Each Session's closing prayer is the Benediction found in Hebrews 13:20-21. Please read first the NRSV translation aloud, then read aloud one by one or together in community, the modified prayer of Hebrews 13:20-21. May it be your affirmation of faith and commitment to live out these words to the glory of God.

### **BENEDICTION**

*Now may the God of peace, who brought back from the dead our [my] Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you [me/us] complete in everything good so that you [I/we] may do his [God's] will, working among us that which is pleasing in his [God's] sight, through Jesus Christ, to whom be the glory for ever and ever. Amen. (NRSV) – Hebrews 13:20-21*