



Healthy Habits for Handling Hard Times  
Hebrews 10:19-24  
September 6, 2020

I have been struggling quite a bit with some things in my life, off and on, and my struggles are certainly worse due to all the turmoil in our world right now. The people to whom the book of Hebrews was written were going through hardships too. Theirs were different from ours, but both they and we have been facing trouble for quite some time, and this creates a danger of gradually wandering away from God. The word of God written to the Hebrew Christians can encourage and help us too. Specifically, there are three healthy habits that are always beneficial but all the more helpful for handling hard times. Each is introduced with the exhortation “let us.”

1. Let us draw near to God (v. 22). “Draw near” is a technical term for worship and helps us grasp what worship is. In spite of our sin, we are confident that we can come into God’s presence because Christ’s sacrifice has cleansed us (vv. 19, 22). Actually, we are always in God’s presence, but worship entails consciously focusing on him. This we must do with a true, sincere heart and attitude (v. 22, contrast Matthew 15:8).

Although we don’t have access to all they occasions of worship that we normally have, we still have opportunities to draw near to God in private, with those we live with, and in the online broadcasts. Drawing close to God with a sincere heart changes us and helps us handle hard times.

2. Let us hold fast our confession (v.23). Our confession is Jesus (3:1). Because we have confessed him as our leader and Lord, we have a hope of entering God’s rest and receiving an eternal inheritance (4:1; 9:15). We are urged to hold to this hope unswervingly by following him faithfully. Since we know God is faithful and will surely give what he has promised, we are inspired to hold on faithfully (cf. 3:6; 6:11; 10:23).
3. Let us consider one another (Hebrews 10:24, lit.). Not only do we consider Jesus (3:1), but also each other (10:24). The word means “consider, contemplate, observe.” Scripture here says it’s not about us but about others. And in Christ, we are called to consider *all* others, not just “our people.” We are to think about others in such a way as to stir them up to love and good deeds (v. 24). This helps them hold fast (#2 above). Encouraging others is a major reason for our meeting together (v. 25).

This passage urges us to persevere in these three helpful habits. As mentioned, they are healthy anytime, but they are especially important for handling hard times when the danger of wavering or drifting is so high. Even though I haven’t come close to falling away from God, I have caught myself wavering or drifting a bit at times, and I do not want to take even a single step in any direction other than toward God.

Ironically, the healthy habits for handling hardships may seem hard! But Scripture reminds us that Jesus helps us do them (10:19-21)!! He not only opened the door to God, but as our He great high priest, he enters with us (v. 22). He knows what it’s like to be human and to face difficulties, and he works with us faithfully and mercifully (2:17-18). He provides grace and help in our time of need (4:14-16). Like most things in life, help is available, but we do have to cooperate. Let us do so! Let us worship! Let us hang on to our confession! And let us consider each other and stir each other up to make it through this mess!