***Breathe***

Session 1

27-28 March 2023

**In Class:**

1. Review “Sabbath Set Up” on pages 9-11.
2. Watch video and discuss it.

**Homework** (Due 3-4 April 2023)

***Breathe* Book:**

1. Read Week 1, pages 14-35.
2. Answer the questions that are scattered through the text.

**New Testament Survey:**

1. Read pages 85-86 in *Know Your Bible* on the book of Hebrews.
2. Look over the printout of the first two chapters of Hebrews. Then do the following:
3. **Notice how much the Old Testament scriptures are quoted**, especially the Psalms. Flip through the pages of your own Bible and see how this pattern continues throughout the book.
4. If your schedule allows, look up all the Old Testament references (a-k). If not, just look up the **two references marked with an asterisk** (d and h) and answer the question about Psalms 8 and 104. The Holy Spirit uses these two Psalms to **reveal truth about two *different* contexts.** The book of Hebrews applies the given verses to the person of Jesus Christ. What is the other application for each Psalm, i.e. what was the Old Testament composer of each of these Psalms thinking about?

Psalm 104:4

Psalm 8:4-6

1. What do you think is the significance of the word “therefore” in Hebrews 2:1? (Hint: what have ***we*** heard that the Old Testament saints had not?)
2. The *Know Your Bible* book’s summary statement for the book of Hebrews is: “Jesus is better than any Old Testament person or sacrifice.” Fill in the blank for the following sentence about this idea.

In the first two chapters of his book, the author of Hebrews shows that Jesus is better than .