



WONDERFUL WEDNESDAYS WITH JESUS

Wednesday, May 6, 2026

6:45 PM

“DON’T LOSE YOUR GRIP”

Hebrews 10:23 (NLT)

“Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.”

Introduction: Why This Word Matters Right Now

We are living in an age of emotional exhaustion, spiritual fatigue, mental overload, and constant uncertainty. Many people are not walking away from God because they do not believe — they are simply tired.

Tired of:

- waiting
- worrying
- recovering
- rebuilding
- surviving
- carrying pressure silently

That is why Hebrews 10 becomes so powerful.

This text was written to believers under pressure. They were facing persecution, discouragement, social rejection, and spiritual fatigue. Some had begun drifting backward because the journey had become difficult.

Yet the writer does not tell them to panic. He tells them: “Hold tightly.”

This Bible Study is designed to help believers strengthen their spiritual grip during difficult seasons.

Historical Background of Hebrews

The Book of Hebrews was likely written to Jewish Christians who were being pressured to abandon Christianity and return to old religious systems.

They were discouraged, isolated, persecuted, and spiritually weary.

Hebrews repeatedly warns believers against drifting, shrinking back, becoming spiritually dull, or losing confidence.

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One major theme of Hebrews is:
“Jesus is greater — therefore keep holding on.”

Key Greek Word Study

“Hold Tightly” comes from the Greek word “Katechō (κατέχω)” which means:

- to hold firmly
- seize
- retain
- cling to
- refuse to release

This is determined faith that refuses to let pressure make us release what God promised.

1. Hold On When Life Feels Heavy

God never promised believers a pressure-free life.

John 16:33 (NLT):

“Here on earth you will have many trials and sorrows...”

Signs your grip may be weakening:

- Loss of spiritual discipline
- Increased negativity
- Emotional isolation
- Prayerlessness
- Spiritual inconsistency
- Loss of expectation

Isaiah 41:10 (NLT):

“Don’t be afraid, for I am with you... I will hold you up with my victorious right hand.”

Even when your grip weakens, God’s grip does not.

Africentric Reflection

Historically, African-Americans survived impossible systems because generations learned how to hold onto:

- faith
- community
- worship
- hope
- and God’s promises

The Black church became a survival center because somebody refused to let go spiritually even while everything around them was unstable.

2. Your Hope Must Be Stronger Than Your Feelings

Biblical hope is not optimism. It is confidence anchored in God's character.

Psalm 42:11 (NLT):

"Why am I discouraged? Why is my heart so sad? I will put my hope in God!"

Sometimes maturity means preaching to yourself spiritually.

Faith and honesty can coexist.

Mark 9:24 (NLT):

"I do believe, but help me overcome my unbelief!"

Mental Health & Spiritual Health Connection

Many believers today are emotionally overwhelmed.

Spiritual strength does not mean denying emotional struggle.

God honors honesty, vulnerability, and faith that continues seeking Him in difficult moments.

3. God's Faithfulness Is the Foundation of Our Confidence

Hebrews 10:23 reminds us:

"...for God can be trusted to keep his promise."

Our confidence is not in:

- the economy
- politics
- people
- platforms
- popularity
- personal ability

Our confidence is in God's faithfulness.

Numbers 23:19 (NLT):

"God is not a man, so he does not lie..."

Gen Z Cultural Bridge

Many younger adults today are navigating:

- anxiety
- uncertainty
- burnout
- comparison culture
- identity struggles

Social media often encourages image management while people silently struggle internally.

God offers sustaining grace.

2 Corinthians 12:9 (NLT):

“My grace is all you need. My power works best in weakness.”

4. Don't Let Go Before the Breakthrough

Galatians 6:9 (NLT):

“At just the right time we will reap a harvest of blessing if we don't give up.”

God often develops endurance before manifestation.

Some breakthroughs require spiritual stamina and perseverance.

Practical Applications

Strengthen your grip this week by:

1. Staying in prayer daily
2. Remaining connected to worship
3. Reading Scripture consistently
4. Guarding your thought life
5. Refusing isolation
6. Remembering past victories
7. Speaking life over yourself

Support Scriptures

- Psalm 27:13-14
- Isaiah 40:28-31
- Romans 8:24-28
- 2 Corinthians 4:8-9
- Philippians 1:6
- Jude 1:24
- Revelation 2:10
- Psalm 46:1-3

Discussion Questions

1. What pressures most challenge people's spiritual grip today?
2. How can believers distinguish between emotional exhaustion and spiritual defeat?
3. Why is remembering God's past faithfulness important during difficult seasons?
4. What practical habits help strengthen spiritual endurance?
5. How can the church better support people struggling emotionally and mentally?
6. What does “holding tightly” look like in everyday life?
7. Which Scripture from tonight's study spoke most directly to your current season?

Closing Encouragement

You may feel stretched, weary, or uncertain — but do not lose your grip.

Jude 1:24 (NLT):

“Now all glory to God, who is able to keep you from falling away...”

You are standing today because God has been faithful.