

THE BOOK OF  
**HEBREWS**

*A Call to Faithful Perseverance*

**Our Unshakable Kingdom: SELAH!**  
*(A Lesson in Contrast to Invoke Our Holy Reverence and Awe)*

Hebrews 12:18-29

*"The precise meaning of 'Selah' is elusive, but the word appears to call for a pause in singing or the playing of instruments that the congregation might reflect on the truth of the message just said or sung."*

**Tremper Longman III**

- I. **The Contrast of 2 MOUNTAINS: SINAI and ZION** (vs. 18-23)
  - A. Description of *Sinai* **Exodus 19:9-20**
  - B. Description of *Zion* **Psalms 125:1-2**
  
- II. **The Contrast of 2 MEDIATORS: MOSES and JESUS** (vs. 24-25)
  - vs. 24** *A Better Blood than Able's was sprinkled by Jesus!*
  - vs. 25** *Don't Refuse to Listen!*
  
- III. **The Contrast of 2 OUTCOMES: Shakeable and Unshakeable** (vs. 26-28)
  - A. *Shakable Temporal Things: Self, Stuff, Society (Sinai)*  
**John 10:10**
  - B. *Unshakeable Eternal Things: Of God, Christ, Redemption (Zion)*  
**Isaiah 47**

**Selah:** Hebrew word occurs 74 times in the Bible: 71 times in the Psalter, and 3 times in Habakkuk 3.  
*"Stop here. Pause. Listen. Think about that. Meditate on that. Chew on that!"*

**1 Peter 1:3-9**

**CONC:** *Thankful Worship, Holy Reverence and Awe..... Selah!*

**HYMN:** *Be Thou My Vision "High King of Heaven, My Victory Won!" SELAH!*

### **Hebrews 12:18-29**

18 You have not come to a mountain that can be touched and that is burning with fire; to darkness, gloom and storm; 19 to a trumpet blast or to such a voice speaking words that those who heard it begged that no further word be spoken to them, 20 because they could not bear what was commanded: "If even an animal touches the mountain, it must be stoned to death."

21 The sight was so terrifying that Moses said, "I am trembling with fear."

22 But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly, 23 to the church of the firstborn, whose names are written in heaven. You have come to God, the Judge of all, to the spirits of the righteous made perfect, 24 to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

25 See to it that you do not refuse him who speaks. If they did not escape when they refused him who warned them on earth, how much less will we, if we turn away from him who warns us from heaven? 26 At that time his voice shook the earth, but now he has promised, "Once more I will shake not only the earth but also the heavens." 27 The words "once more" indicate the removing of what can be shaken—that is, created things—so that what cannot be shaken may remain.

28 Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, 29 for our "God is a consuming fire."

### **Hebrews 11:10**

"For he (Abraham) was looking forward to the city that has foundations, whose designer and builder is God."

### **Psalms 125:1-2**

1 Those who trust in the Lord are like Mount Zion,  
which cannot be shaken but endures forever.

2 As the mountains surround Jerusalem,  
so the Lord surrounds his people  
both now and forevermore.

### **John 10:10**

The thief comes only to steal and kill and destroy; but I have come that they may have life, and have it abundantly (to the full)!

### **1 Peter 1:3-9**

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, 4 and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, 5 who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. 6 In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. 8 Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, 9 for you are receiving the end result of your faith, the salvation of your souls.