

Entering God's Rest

Hebrews 3:7-4:13

Taking it Home:

1. The author of Hebrews argues that one of the reasons Israel fell away was because their hearts were hardened by the deceitfulness of sin. Is there any sin in your life that you entertain and refuse to put to death? Are you at total war with your sin, or do you pick and choose your battles? Explain.
2. Review the "gateways to God's rest" in your GG guide. Which gateway do you need to walk through to enter more fully into the rest God desires for you?

Prayer Concerns:

An Example Not to Follow:

The Rest God Offers:

Present day _____

Future _____

Barriers to God's Rest:

1. _____

2. _____

3. _____

4. _____

Gateways to God's Rest:

1. Trust in _____, not _____.

2. NEVER _____

3. Practice consistent _____.

4. Feast on _____.

Personal Study/Growth Group Discussion Questions

Getting Started:

1. Describe the perfect day when at the end of it you could say, “I’ve been fully refreshed!”

Digging Deeper:

Read Hebrews 3:7-4:13

1. After listening to the sermon, how would you describe God’s rest?
2. The phrase, “Today, if you hear his voice, do not harden your hearts” repeats throughout this passage. What is at stake for those who do not heed this warning? Have you ever experienced a hardening of heart in your own life? How has it affected your relationship with God?
3. Which barrier to God’s rest do you most struggle with? How does this manifest itself in your life? How might your group help you overcome this barrier?
4. Review Hebrews 4:9-11. Do “rest from one’s works” and “make every effort to enter God’s rest” seem like a contradiction to you? What does the author mean? How might you untangle this paradox? Read Colossians 1:28-29. How does this passage help make sense of this puzzle?
5. Perseverance is a big theme of Hebrews 3 and 4. Read Matthew 7:17-20 and John 15:5-8. Why is spiritual fruit such a big deal to God? What does it tell us about our relationship with Christ? How does it tie into the theme of perseverance?
6. What do you appreciate most about your GG? How do the people in your group help you live out Hebrews 3:13 & 4:1? As a group, what practical step might you take to grow in this area?