

Small Group Discussion Guide — Read Hebrews 4:1-13

- If you recall last week, we were challenged to see an important and necessary ministry we have toward one another in “exhorting one another” so that we aren’t hardened by sin’s deceitfulness. And we saw that this is an essential “means” by which God sovereignly keeps us persevering in faith. How were you challenged last week? How were you led to see in a greater way your own need for receiving and giving this kind of ministry? How did it change this past week for you?
- What are ways in which we can do this better together as a small group, or as a church? What were some of the applications that were given? Did any stand out to you? What do you think are the things keeping us from these?
- In Hebrews 4, the theme here is “God’s rest.” How might we describe “God’s rest?” What kind of ‘rest’ is the author describing here? How does he use the Old Testament in order to show that this rest is still available today?
- What does it mean for us that hearing the message of the gospel isn’t enough? Or that experiencing and being around the things of God aren’t enough to save us? What then is required? What might be some ways, like Israel, that you and I could be tempted to think that we will ‘enter,’ and yet fail to reach “the heavenly rest?” How were the people of Israel deceived?
- In what is a complex passage, how does the author weave together the Bible and to point us to the finished work of Christ? How would you respond to someone who says, “I don’t need theology or the Old Testament, I just need Jesus?” How could you use this passage to support your argument?
- What does it mean to “rest” in Christ? Or, vs. 10, to “rest from your works”? Why is it often so difficult for us to truly rest from our attempts to merit our own righteousness or to win God’s approval by our works? If we are truly resting in Christ, what might that look like in our daily lives?
- In what ways are you growing weary and burdened by the difficulties, trials, and struggles of life? How do you need to hear Jesus’ call, “Come to me, all who are weary and are heavy laden, and I will give you rest?” (Mt 11:25-28)