

DISCUSSION GUIDE 10

Hebrews 4:1–11

- 1** Read **Hebrews 4:1–11**. The word “rest” is used many times in this passage. Why do you think it is repeated? What do you think it means?
- 2** What does Sabbath look like for you? How are you resting from your work each week in order to find a deeper joy in God?
- 3** Hebrews 4 quotes Psalm 95. God extended an invitation to experience His rest, but the Israelites were unable to enter it in the Promised Land. Why? Their unbelief. Do you ever think about why some people believe when they hear the gospel but others do not? Why do you think that is?
- 4** The idea of hard-heartedness has shown up several times throughout Hebrews. What are your warning signs that you may be in danger of having a hard heart toward God?
- 5** Christians are not immune to trying to find rest in this world. If you are honest, what false finish lines do you believe will bring you rest? What change of circumstances do you believe would bring peace to your soul?
- 6** In closing, open to **Psalm 16**. Read each line of the psalm aloud, and pray about anything that comes to mind.