



Life Group Discussion Guide
The Practices of Grace
Resting – Hebrews 4:1-16
Scott Paulson
March 26, 2023

Main thought:

The rest we long for is available to us through faith in Jesus.

Notes

We long for rest

1. We long for rest from outward activity
2. We long for rest from inward anxiety

Divine rest is available

Hearing + Believing = Resting

Divine resources are accessible

1. The Word of God
2. The person of Jesus

Welcome and Fellowship Time

Ice-Breaker

Begin your time with one of these two Icebreakers:

- Share one thing you think everyone should do at least once in their life.
- What is something you have been meaning to try but haven't gotten around to it yet?

Verse of the week

- What is a verse or truth from God's Word that has stood out to you this week from your own personal Bible reading?

Digging In

Read or recap Hebrews 4, and discuss the following questions.

- What stood out to you from this passage or message?
- Why did the people of Israel fall short of experiencing the rest God was providing for them in the Promised Land? (vv. 1-3) What caused them to stumble and miss it?
- Why is the formula, hearing + believing, critical to resting? For the Israelites then and us now?



- Why did God rest?
- What is the point of Sabbath rest? How can we miss the point?
- How are we to practice the sabbath day for us today?
- What do you or others in our culture turn to find rest that don't ultimately bring lasting rest? Why is it important for us to see this and say it?
- How has God's Word and the person of Jesus been a resource to you when it comes to entering God's rest?

Application

- What application or take-away will you apply from the passage this week?

Prayer

- Be praying for those you invite to Easter to receive the invitation to be with you that Sunday.