

Rest

Hebrews 4:1-16

LG Questions for 04/20/08

Getting Started:

1) Describe a time when you were completely exhausted both emotionally and spiritually. What were the circumstances around that experience? How did you recharge yourself physically? How did you recharge yourself spiritually?

Getting into the Bible

2) Review chapter three by reading Hebrews 3:7-11. How significant is our ability to find rest tied to obedience in the Lord? Read Hebrews 3:15-19.

3) Read Hebrews 4:1-5. How is the idea of rest being expanded upon? Jesus has extended an invitation for us into not just rest...but healing, wholeness, repair, restoration and salvation. This is an old invitation. Read Matthew 11:28-30. What does it mean to take Jesus' yoke upon us?

4) Read Hebrews 4:4. (I love the tongue and cheek approach here...“Somewhere”). Read Genesis 2:2. Did God need rest? Why then do you suppose God rested on the seventh day? What was God modeling for Adam 24 hours after his creation? What does this say to us today?

5) Read again Hebrews 4:1. What is the warning implied in this verse? Is God saying we should fear not entering His rest? Read Proverbs 1:7. Discuss how this is a healthy fear.

6) Read Hebrews 4:12-13. Why is this language used in the middle of a discussion surrounding God's rest and the imagery of the High Priest in verses 14-16? What does this say about our potential to literally hide from God's rest?