

LIFE Group Discussion Questions  
Hebrews 4:1-13 – Getting Some Rest  
Week of Oct. 11-17, 2009

Summary- Here we are encouraged to enter the rest that God has provided for us in Christ. There is a Sabbath rest for the people of God (provided by Christ's death for our sin and resurrection). We enter into His rest by ceasing from our works and resting in His finished work. There is the possibility that we will not enter God's rest through unbelief and disobedience, just as Israel failed in the wilderness. We are exhorted to be fearful (careful) of failing, to hear His voice and obey, not harden our hearts., and to seek earnestly to enter His rest. The word of God is the powerful means to keep our hearts from being hardened and to keep us from failing to enter His rest.

General questions:

1. What grabbed your attention the most?
2. What was the big idea as you heard it?
3. What questions did it bring to your mind or leave unanswered?

Specifics:

4. What makes God's word beneficial and profitable for us? (then ask someone to "take a stab at describing or defining the type of faith that brings the benefit")
5. How do you understand the rest that God has for us? How would you describe it? How have you experienced it?
6. Optional: How is the Sabbath Day a symbol and foretaste of the everlasting rest in the new heavens and the new earth? How do you observe the Sabbath (or Lord's Day, the one day in seven for rest and worship)?
7. Do you know anyone who has started well and not finished (rejected Christ, the church, has fallen away and not returned, etc.) the Christian walk of faith? How did it develop and why did it go the way it did?
8. Look at 1 Cor. 9:24-27. What was Paul's frame of mind? Was he really afraid of being rejected in the end? Was it a real possibility? How was Paul seeking to prevent failure at the end?
9. How have you experienced the word of God as living and active, sharp, penetrating, discerning in your own life? ( a particular scripture that penetrated, exposed, convicted, enlightened, shook you to the core, etc...) Give a specific situation.
10. If you saw someone in our church family who looked like they were shaky in their faith, really struggling, perhaps dabbling with serious sin and in danger of falling away from the Lord, what would you do? (And why would you do it?)
11. How should v. 13 affect the way we live our lives? ("you can run but you cannot hide" –name that tune: James Taylor: "Shower the People" - being naked before God and exposed all the time?)

Rabbit trail of the week: Is the Sabbath command still in force? (Some say Christ fulfilled the Sabbath by His death and resurrection and that every day is a Sabbath for the believer, therefore observing one day in seven as a Sabbath is not obligatory.)