



Begin: take this time to hear how everyone is doing, and get settled in.

- What is something to celebrate this week?
 - IceBreaker: When you're going through something difficult, what makes it easier (or harder) to ask someone for help?
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Listen: This is for reflection on Sunday's Sermon and thoughts from the message.

- What stood out to you about this week's message?
 - Is there anything you are still thinking about or have questions about?
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Discover: Take time to dig deeper into the passage/topic for this week.

• **Read: Hebrews 4:14-5:10**

- What does it mean that we have a "great high priest who has passed through the heavens" (4:14)?
- According to 4:15, how is Jesus able to sympathize with our weaknesses?
- What invitation is given in 4:16, and what are we promised when we respond?
- In 5:1-4, what are the roles and qualifications of a human high priest?
- How do verses 5:5-10 show that Jesus both meets and surpasses those qualifications?

Apply: Take time to apply these Biblical Truths to your life.

- Do you tend to approach God with confidence or hesitation? Why?
- How does knowing that Jesus understands your weaknesses change your willingness to come to Him?
- What keeps people from “drawing near” to God in times of need?
- Where in your life right now do you specifically need mercy and grace?
- What would it look like this week to intentionally go to Jesus first instead of trying to handle things on your own?

- MY ONE THING — What is your 1 takeaway from this study, and how will it impact your upcoming week?

Pray: Feel free to pray in a way that best fits your group. Take time each week to pray with and for each other.

Notes: Space for you notes from your time together.

“LET US THEN WITH CONFIDENCE
DRAW NEAR TO THE THRONE OF GRACE,
THAT WE MAY RECEIVE MERCY
AND FIND GRACE TO HELP IN TIME OF NEED

HEBREWS 4:16

