



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

- What is something to celebrate this week?
 - IceBreaker: When you hear the word “rest,” what comes to mind—and what actually helps you feel truly rested?
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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 4:1-13**

- What promise is still available according to verse 1, and what warning comes with it?
- How does verse 2 compare those who heard the message but did not benefit from it with those who did?
- What connection does the author make between faith and entering God’s rest?
- How does the reference to creation (v.3–4) help explain God’s rest?
- According to verses 12–13, what role does God’s Word play in revealing our true spiritual condition?

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

- What do you tend to rely on for “rest” apart from God?
- In what ways can someone hear God’s truth but fail to combine it with faith?
- Where might unbelief or self-reliance be keeping you from experiencing God’s rest?
- How does the truth about God’s Word (v.12–13) challenge the way you approach Scripture?
- What is one practical way you can actively trust God this week instead of striving 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 THEREFORE STRIVE TO ENTER THAT REST,
SO THAT NO ONE MAY FALL
BY THE SAME SORT OF DISOBEDIENCE

HEBREWS 4:11

