

**Series:** Remembering Jesus

**Sermon:** Jesus over Me

**Primary Text:** Hebrews 4:1-13

**Discussion guide:**

- Read Hebrews 4:1. What is the good news for us in this verse?
  - What is the warning?
  - What is the significance of it being *His* rest?
- Read Hebrews 4:2-4.
  - How do we enter this rest and why didn't the Israelites?
  - In vs 3 "believed" is past tense and "enter that rest" is present tense. What does this tell you?
- Read the rest of the text.
  - How can obeying the Lord help us enter His rest right now?
  - In verse 12, how does scripture reveal our thoughts and intentions?
    - How does allowing scripture to guide us help us enter God's rest?
  - Read verse 13, how does knowing God knows all and we will answer to Him help us enter His rest?
    - Read Proverbs 3:5-6:
      - What does it mean to acknowledge God?
      - How can this help us enter His rest?