

# Gathering Insights



Series

**Hebrews Series**

Title

**Finding Rest**

Big Idea:

Will God modeled rest, created us to rest, and desire that we find our rest in Christ.

## Bible Discussion

### Read **Hebrews 4:1-2**

What does “the promise of enter his rest still stands” mean? How is rest different in Old Testament and New Testament?

How does just hearing the voice of God not lead to rest? What happened to Israel when they responded in fear not faith?

### Read **Hebrews 4:8-10**

Where does Joshua lead the nation of Israel (Joshua 1:1-2)? How this different than the rest Jesus leads us to?

What does Sabbath mean to you? Are you good at keeping “a day set a part” to refuel your soul?

### Read **Hebrews 4:11-13**

Does striving to enter rest sound like work? Why should we work to rest?

What does Jesus give you that gives you rest?

How does God’s word impact you and free you in finding rest in Christ?

### Read **Jeremiah 23:29/ Isaiah 55:11**

According to Jeremiah 23 what is God’s word like and what does it do? How does this impact you?

If God’s word does not come back void (Isaiah 55), what is something that you have learned today in study Hebrews 4?

## Growing in Christ

What is Jesus revealing about himself to you in Hebrews 4?

Why would it be sinful to not rest? How does rest make you more like Jesus?

Why is the Word of the Lord so powerful? What does it reveal in you?

## Living as a Family

How does living as a family and worshiping as a family help in finding rest in Jesus?

How does finding rest in Christ become easier if you are in community with others who are doing the same?

If someone asked for advice about resting in Christ, what is one thing you would share with them?

## Sharing the Gospel

Do those far from God in your life see a difference in how you live, schedule and rest because of Jesus?

How would you explain what Sabbath is to someone who doesn’t go to church? What example of your life would you share with them?