



The Rest that Anchors Confident Hope

Hebrews 6:19-20

SCRIPTURES FOR FURTHER STUDY:

Matthew 11:28-29

DISCUSSION GUIDE:

1. What stood out to you in this sermon? What key things did God show you this week?
2. Verse 19 says that we can have a hope that is steadfast and sure and dependable. How and why can we have this hope? What attributes of God give us this confidence?
3. Read Hebrews 4:15. Many of us know this verse, but we are tempted to forget it when we need it most—when we are tempted toward hopelessness. What steps can we take to remember this great truth as we are living life every day?
4. Read Matthew 6:25-34. What does this teaching of Jesus teach us about God's role and our role in living with peace and in anchoring our lives in hope?

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