



Main Scripture: Hebrews 4:1-13

There is a Sabbath-rest available to all ... (v 1-10)

(2 Pet 3:9; Gen 2:15, 3:17-19; Matt 11:28-30; Ps 62:5-6, 91:1)

But not all will receive it. (v 1, 11-13)

- Don't fall short.
(Rom 5:1-2)
- Make every effort.
- Guard your heart.

“A Promised Rest” | November 6 & 7, 2021

The Small Group Sermon Study

Hebrews 4:1-13



Opening Prayer: Father, in Jesus' name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

Icebreaker: Tell us about a time when you had a great vacation. What made it so good?

Read the key passages of Scripture from the message and review the points from the sermon notes, then answer the following questions:

1. How often do you hear yourself speak the words, “I’m tired” or something like it? What are you tired of? What are you tired from?
2. Pastor Greg tells us that the primary idea in this part of Hebrews is that there is a Sabbath-rest available to all. What is your response to this Sabbath-rest? What emotion do you feel when you hear the phrase “Sabbath-rest”? Share your responses with the group.
3. When will we receive the Sabbath-rest of God? Pastor Greg tells us that the answer has three parts:
 - a. Everyday life: What are some ways that we can taste the Sabbath-rest of God in our everyday lives? How can we encourage each other in our group towards this kind of life?
 - b. Weekly routine: What feelings of guilt or shame do you have when you think about setting aside a day of rest each week? How can we support each other as a group?
 - c. Eternal rest: What are some ways that we can look forward to our eternal rest with God? What kinds of ways can we encourage each other with this hopeful truth of life with Jesus?
4. Pastor Greg encourages us to experience this gift from God in ways that refill and renew you. What could you eliminate from your schedule and what could you add to your schedule so that you are able to experience this gift from God? Ask for the group to give you input and feedback.

Personal Reflection:

1. Spend a few minutes in listening prayer, asking God the following:
 - “Jesus, please show me anything that I am trying to hide from You today.”
 - “Jesus, is there an attitude in me that is keeping me from trusting You and allowing me to rest?”
 - “Jesus, what would You like to show me about Your love for me?”
2. How will you respond to what God is showing you?

Closing Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).