



Main Scripture: Hebrews 3:7-19

Unbelief has consequences. (v 8-11)

- *Makes God angry* (v 10-11, 17)
- *Leads to sin* (v 12)
- *Disturbs our rest* (v 11)
(1 Pet 4:14)

How do we live in God's rest?

- *Protect your heart* (v 12)
(Prov 4:23, Lk 6:45, Matt 4:1-11)
- *Be an encourager* (v 13)
- *Persevere* (v 14, 8)
(2 Cor 11:23-28, 12:1-4)

“Don’t Let Your Heart Get Hard” | November 13 & 14, 2021

The Small Group Sermon Study

Hebrews 3:7-19



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: What are some character traits in your friends that you most appreciate or enjoy? Are there some good character traits that you find challenging to be around?

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

1. Unbelief is described as a heart that is going astray and not knowing God’s ways. How would you define unbelief? Where have you seen it in your own life?
2. In verses 10, 11 and 17, we see that God experiences anger. What immediately strikes you about this? In your own words, how does God’s mercy and justice co-exist? Where have you experienced His mercy? His justice?
3. Pastor Al explored three ways to enjoy God’s rest.
 - a. Protect your heart: What are some habits you have put into your life that protect your thoughts, feelings, desires, will or choices?
 - b. Be an encourager: Tell of a time where your encouragement to someone else actually encouraged or strengthened you as well?
 - c. Persevere: Where is perseverance a particular challenge for you right now?
4. Pastor Al shared a bit about how COVID has been both a trying time and a testing time.
 - Would you say this is growing and maturing you? Or has your heart been hardening?
 - In the midst of the polarization that COVID has brought, how are you treating the people around you who have differing views? Do you still seek to honour them and God in how you think about them and treat them?
 - How are we doing as a small group in this? Is there any awkward conversation we need to have so everyone feels welcome, safe and valued?

Personal Reflection:

1. Spend a few minutes in listening prayer, asking God the following: “Holy Spirit ...
 - “Where has unbelief crept into my heart and is disrupting my experience of Your rest?”
 - “Speak to me about my own maturity. What is an area in which You want me to grow up?”
 - “COVID has been particularly trying for me. What emotions am I not handling well through this? What do You want me to do about them?”
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.).