



BIG IDEA

“Christ has given us peace in all circumstances. He’s provided for us rest for our souls. An eternal rest even in this life, even in your circumstances, for he’s greater than Joshua, the one who brought the Israelites into the Promised Land. For Jesus is leading us into the greater Promised Land, the eternal Promised Land, and he’s offering us a taste of the rest that will be ours for all eternity today. Believe in him and receive his rest. For today is the day of salvation.”

THOUGHTS FROM THE SERMON

1. How were you impacted by the message this week?
2. How have you seen God at work in your life or the life of others?
Read: Hebrews 4:1a
3. What is the difference between the rest God promises and the rest we often seek?
4. What does the writer of Hebrews tell us about the promise from God of rest for us today?
Read: Hebrews 4:1b
5. Even though the promise of rest is still being offered today, what will some people choose to do?
6. What are we to do in response to people refusing God’s rest in salvation? What did we learn about the fate of those who have not believed in Christ for eternal rest?
Read: Hebrews 4:2-13
7. What will be the eternal rest of those who respond to God’s love and grace? How does understanding this break us free from so many things that can enslave us here on earth?
8. Why are we told to be diligent, not just as individuals but together? How has your view of rest changed?

NOTES

PERSONAL REFLECTION AND APPLICATION

1. How were you personally challenged this week?
2. How have you seen God at work in your life or the lives of others this week?
3. How might you be more diligent in responding to the good news you heard this week?
4. How will you personally apply what you learned from the sermon to your life?

DEEPER

Pray: Take time to pray that people will give glory to the one who Christmas is intended to celebrate.

Read: Hebrews 4:1-13 Take time to reflect on these passages and write down your thoughts. Visit gatewayepc.org/news to read and review the sermon manuscript.

Write: Write down your thoughts and insights from the sermon this week. Keeping a journal is just one more tool that you can use to track what God is showing you in your walk with him.

Sing: Listen to the worship songs from Sunday throughout the week. Look up the lyrics to each song and spend some time reading them.

Memorize: As a Life Group, pick a few verses from the sermon and memorize them this week. (Hebrews 4:1-13)

Love: Share this message of hope with someone you love.