



Sermon Discussion Guide

03.17.24 Message | Tyler Myers | Hebrews 3:7-19

Key Scripture:

Therefore, as the Holy Spirit says, "Today, if you hear his voice, do not harden your hearts as in the rebellion, on the day of testing in the wilderness, where your fathers put me to the test and saw my works for forty years. Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.' As I swore in my wrath, 'They shall not enter my rest.'" Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin. For we have come to share in Christ, if indeed we hold our original confidence firm to the end. As it is said, "Today, if you hear his voice, do not harden your hearts as in the rebellion." For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? And to whom did he swear that they would not enter his rest, but to those who were disobedient? So we see that they were unable to enter because of unbelief.

- Hebrews 3:7-19

Message Highlights:

- We're beyond common rest; we need conquering rest. We don't need a common cure; we need a conquering cure.
- We struggle to find rest, but fortunately, God gives a superior voice to this conversation that I believe will change you if you pay attention and follow God's lead.
- Return your heart and life to the pillow (good, positive, meaningful rest) God designed and Jesus rescued for you to rest on.

CONVERSATION STARTER

- We have all experienced times when we need rest and whatever we are focused on keeps us from getting it. If you could create the perfect restful environment at home, what elements would it include?

DISCUSS THE MESSAGE

- How has the Spirit spoken to you through this section of God's Word?

THINK DEEPER (Does your group understand the passage?)

- How does the Holy Spirit speak to individuals today, and what does it mean to hear his voice? How does the concept of hearing God's voice relate to our understanding of the Holy Spirit's guidance and conviction?
- What does it mean to have a hardened heart, and how does it lead to unbelief and rebellion against God? How do we guard against hardening our hearts in the face of sin and temptation?
- What lessons can we learn from the Israelites' experience in the wilderness, particularly regarding their rebellion, unbelief and failure to enter God's rest? How does their story serve as a warning and encouragement for believers today?

THINK LIFE CHANGE (Does your group recognize the personal implications for them as individuals?)

- Reflect on the invitation given by Jesus in Matthew 11:28-30. How does this invitation resonate with your own experiences of seeking rest?
- What are some examples of voices (sins) that hinder our ability to find true rest, as mentioned in the sermon?
- How does the condition of the heart affect our ability to enter into God's rest, according to Hebrews 3:7-19?

THINK ENGAGE (Does your group know how to apply the challenge?)

- What practical steps can you take to create environments of rest in different areas of your life, such as your home, work and personal relationships? How would this be an example to those around you?
- What voices prevent you from making this possible? What voices (sins) in our community prevent us from thriving in our relationship with the Lord?

THINK KINGDOM (Does your group understand the overarching Kingdom, that the work we do is bigger than ourselves?)

- In what ways can experiencing “conquering rest” through Jesus impact your ability to fulfill God's purposes and contribute to his Kingdom?