



Growth Group Discussion Guide

Passage: Hebrews 4:1-11

Introduction: What is an activity that you find restful and restorative?

Overview: In this passage the author of Hebrews invites his listeners to enter God's rest. The author explains that God has been resting from the beginning, however, the wilderness generation failed to enter it because of their unbelief. Unlike the wilderness generation, we must hold fast to our faith in the Gospel so that we might enjoy a foretaste of God's rest today and enter it fully upon Jesus' return.



Into the Word

In verse 1 the author tells us that the promise to enter God's rest still stands today. According to this passage where is God's rest found? Where is it not found?

In verse 8 the author implies that God's people have been waiting for a better Joshua. How is Joshua connected to rest in the Old Testament? How is Jesus a better Joshua?

Resource: Jesus, the True and Better Joshua

Consider verses 1, 3, and 11. What are the marks of those who enter God's rest? Do any of these marks surprise you? What will keep someone from entering God's rest?



Into the Heart

Complete this sentence; "I can only rest if..." What does your answer reveal about your understanding of where true rest is found?

Consider: Psalm 42:1-2

Read Matthew 11:28-30. What does Jesus promise to those who will trust him wholeheartedly? Where are you weary? How can turn to Jesus in your weariness?

Resource: How Prayer Produces a Soul at Rest



Into the World

Read Exodus 20:8-11. God has given us the Sabbath day as a weekly foretaste of His eternal rest. How does this change how we approach Sunday? What adjustments do you need to make in order to keep the Sabbath holy?

Resource: Should Christians Keep the Sabbath?

How does God's promise of eternal rest to you change how you approach your work?