



ICEBREAKER

Do you find family vacations restful or exhausting? Why or why not?

CONTEXT

The original audience of the book of Hebrews was exhausted from persecution and rejection from the world around them. They were worn out and beginning to waver in their faith. In the previous passage, they are warned about hardening their hearts toward God. In this passage, the author shifts gears and invites them to remember where the rest that they so desperately need is found and to strive towards it.

READ

Heb. 4:1-13

DISCUSS

How would you define rest? What are some things that you do to rest?

What does it mean that this rest is referred to as "God's rest"? How is "God's rest" different from how culture would define rest?

DISCUSS CONTINUED

According to this passage, what is required to enter God's rest? What will make it impossible for you to rest?

Do you find it difficult to rest? What are some of the barriers that need to be removed so you can rest?

NEXT STEPS

The author concludes this section with the charge to "strive to enter that rest". This implies that we work hard to identify areas of our lives where unbelief is present and eliminate them. Unbelief or disobedience is what removes us from the rest that Jesus Christ offers.

In what area of your life is there disobedience or unbelief?
What is one thing that you can do this week to "strive to enter that rest"?