

Jan 25/26 - Hebrews 4:1-13 - Small Group Questions

A Better Rest for the Weary

1. Is there someone in your life around whom you can completely rest? Who is it, and why do you feel able to rest in their presence?
2. While the biblical idea of rest includes “ceasing” from work, it also has positive connotations of finding a resting place in God and being made secure in his presence. How does the news that God made us to find a resting place in His presence land with you? Are there any times in your life where you’ve really experienced God as your resting place?
3. There is weariness brought on by life in general, and then there’s the cost specific to being a follower of Jesus. What are some of the costs you experience for following Jesus in modern day Toronto?

Read Hebrews 4:1-3 and Numbers 13:25-14:4

4. What does the preacher show about the relationship between the Gospel message and faith? Why is faith so crucial to entering God’s rest? How does the preacher use the wilderness generation to encourage and exhort the letter’s hearers?

Read Hebrews 4:6-11

5. The preacher to the Hebrews connects faith to hearing God’s voice with a soft heart.
 - a. Have you ever thought about faith in that way?
 - b. Are there practices or postures you find help you keep an open and soft heart to God’s voice?
 - c. What is the relationship between grace, faith, and “making every effort” in the life of discipleship? How do they fit together?
6. “Once you’ve lived in Egypt, it’s hard to get Egypt out of your system.” In the Exodus story, God seeks to form his people such that they live more into the freedom he’s given them. Are there ways you are sometimes tempted to “go back to Egypt” or when you see “residues” of a slavery mindset still clinging to you, even though you are no longer under the yoke of slavery?

Read Matthew 11:25-30

7. How does taking Jesus’ yoke and learning from him form us as people who rest in God? In an age where people are on edge because of anxiety, fear, and anger, how might people living into the rest of Jesus have an impact on those around them?