

Feb 1, 2026 – Small Group Questions

Hebrews 4:11-5:10 “The Rest you’ve been running from”

Read Hebrews 4:11-13

1. What is the role of the word of God in the follower of Jesus? Can you give some practical examples of how this works itself out in your own life?

Read Genesis 1:26-27; 2:25-3:7

2. In Genesis it tells us that the first human creatures were naked and not ashamed. Why was that?
3. When they turned from God they realized they were naked and felt shame. Why was that?
4. In response to their nakedness they sewed together fig leaves to cover the shame. What are some of the fig leaves we use to cover the shame, the dis ease with ourselves to the core of our being?

Read Hebrews 5:1-4

5. What were the qualifications for a high priest? In what ways were they to deal with the barrier of sin that had come between God and humanity?

Read Hebrew 4:14-16; 5:5-10

6. How does Jesus meet these qualifications? In what ways is he superior?
7. Jesus has fully entered into our human suffering and so can sympathize, meaning suffer with us. How does this help you navigate the exposure brought about by the word of God?
8. The preacher to the Hebrews in light of who Jesus is wants us to respond to the exposure of the word by coming with confidence before the throne of grace. Why? How might we do this practically?