

**THE REST WE NEED**  
*(Jesus >... The Book of Hebrews- Part 4)*  
**May 13, 2018**

Life Group Questions for the week of May 13, 2018

**The Passage:** Hebrews 4:1-11

**The Problem:** \_\_\_\_\_ & \_\_\_\_\_

**The Prescription:** \_\_\_\_\_

Mt 11:28-29; Ex 20:8-11; Mk 2:28; Dt 5:12-15

**How to Rest in Christ**

**Trust God as** \_\_\_\_\_

**Make God** \_\_\_\_\_

1. Looking back at your notes from this Sunday's message, was there anything that particularly caught your attention, challenged or confused you?
2. What is your philosophy on napping?
3. A day of rest each week was commanded by God. How does Deuteronomy 6:1-9, 24-25 (which follows immediately after the 10 Commandments written out in Deuteronomy 5) help us better understand how to apply the principles of the 10 Commandments in our lives?
4. An idol (aka "other god") can be anything in life that we've made more important than God. What are the biggest "idols" that keep us working too much and not resting enough (physically and spiritually)?
5. See Hebrews 4:6. In light of Hebrews 3:19, what is the "disobedience" that keeps us from entering the rest of God?
6. We understand that there remains a "future rest" in heaven for God's children, but Hebrews 4:10 invites us to rest from our works now. What does that look like?
7. Hebrews 4:11 says, "strive to enter that rest," and Psalm 46:10 says, "be still ...." In what ways do you strive to rest? How do you become still?
8. What can be learned in the following verses about how God can work in us when we take time for rest and refreshment? John 7:37-39; Isaiah 40:29; Hebrews 4:14-16