

GROWTH GUIDE

For you. Your family. Your group.

HEBREWS: JESUS IS BETTER
FINDING REST | HEBREWS 4:1-13
FOR THE WEEK OF MAY 21, 2023

SERMON OUTLINE

1. The promise of rest. Hebrews 4:1-10
2. The picture of rest. Hebrews 4:8-10
3. The place where rest is found. Hebrews 4:8-13

GROUP DISCUSSION

1. Looking back at the passage and your notes, what did you learn or stood out to you about biblical rest?
2. How would you define this better, spiritual rest the author of Hebrews is talking about in chapter 4, that Jesus offers us in Matthew 11:28-30? What other kinds of rest are there?
3. Where else in Scripture does it talk about trust leading to that true, inner rest? Share with the group.
4. All of us want more, better rest. How do we get there? How do we move from disbelief to mental agreement to genuine trust?
5. Given all that was said and everything we studied about rest, at the end of the day, how does God want us to think about “me time”, leisure, or vacations? To give you some ideas to get you started, think about principles of stewardship and making the most of the short time we have on earth, as well as our ultimate purpose of glorifying God in everything we do. Use scripture to support your answer.

BREAKOUT DISCUSSION

1. Where are you at with rest? Do you feel like you have genuine spiritual rest? Why or why not? If not, where is it hard to trust that you need to work on? If so, what was helpful for you?
2. What are some ways in your life that you're tempted to try to resume build or build your own yoke instead of taking on Jesus's yoke to find your rest?

PRAYER POINTS

1. Father you give us rest through your _____. (Matthew 11:28-30)
2. We ask for forgiveness for our own striving when we _____. (Hebrews 4:6)
3. Ask that we would find true rest in Jesus.