

Hebrews 4:8-13

8 For if Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His. 11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. 12 For the word of God is living and powerful, sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intentions of the heart. 13 And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

Questions for Home Group/follow-up discussion (drawn from chapter 3 of John MacArthur's study book, Hebrews: Christ - Perfect Sacrifice, Perfect Priest)

- 1) Describe the most restful place you've ever been. What made it serene for you?
- 2) How would you define or describe the rest that God offers to us?
- 3) According to this chapter, who gets to experience God's rest?
- 4) What most often keeps you from experiencing God's perfect rest?
- 5) Read Galatians 2:16. How does experiencing God's rest depend on personal faith?
- 6) Have you experienced the sharp, discerning power of God's word in your life lately?
How has it helped you grow? How has it helped you fight against temptation?
- 7) Think of someone you know who has heard the message of the gospel but has not yet entered God's saving rest. How can you encourage him or her to trust fully in

Jesus Christ?