

Grace Group Notes

To be used in your Grace Group this week...



Learning How to Rest
in the Midst of Fear

Hebrews 4

Week of October 14, 2018

Welcome

Let's get to know each other. You can use this question during your meal together.

- What is your favorite way to spend a Sunday afternoon?

Worship

Let's enter the presence of God together.

Songs led by worship leader or worship resource. Or read Psalm 96. Verses 11-12 are a poetic way to describe how creation praises the Lord. If you could hear the trees "singing for joy" what would that sound like? What does your song of joy sound like?

Word

Let's interact with God's Word...

Read Hebrews 4:1-16

1. *What is the author of Hebrews warning his readers about from the story of Israel's rebellion?
2. What is this "rest" promised by God: The promised land? Sunday off? Heaven? God's presence?
3. What is the proper response to the warning in verses 1 and 11? What does it mean that God's Word is "living"? Active? That it cuts/penetrates?
4. What efforts (v. 11) can help you enter into God's rest (see also Matthew 11:28-30; John 6:27-29)?
5. How can this group help you "enter God's rest"?

Witness

Let's focus on who we can reach out to.

- Consider creating a poster board and write names of people you are praying for that could potentially be a part of this group.

*Questions adapted from The Serendipity Bible, Zondervan Pub.