

HEBREWS

Avoid "The Drift"

Small Group Study Guide, Part 2: Exit Here

A study for small groups and personal growth

READ - Hebrews 4:1-16

- As you read don't make any comments yet. Circle words or phrases you like.
- If you are reading as a small group - have each person read three or more Scriptures out loud.
- As you read - take note of the word "rest". Maybe circle in your Bible every time the writer of Hebrews uses this word.

DIGGING DEEPER

(These questions are for thought and reflection. Don't let them paralyze you. Let them stir and stretch you)

1. What are some things that create stress and chaos in your life?
2. What is the difference between resting your body and resting your soul? Why are they both essential to spiritual growth?
3. Hebrews 4:1 - What is the writer of Hebrews referring to when he says, "entering his rest"?
4. Hebrews 4:2 - Why do we need to hear the message of Jesus with faith?
5. Hebrews 4:4 - What example does God give us in this verse?
6. Hebrews 4:7 - Why do we tend to harden our hearts?
7. Hebrews 4:9-10 - Are you honoring the Sabbath principle? Do you have one day you rest from your own work?
8. Hebrews 4:11 - How does honoring the Sabbath principle help us not drift and disobey Jesus?
9. Hebrews 4:12 - How does the Word of God impact our hearts and souls?

DO WHAT IT SAYS

(Information + Application=Transformation)

1. So what? What is one thing you will do differently this week?
2. What is one decision you need to make so you can honor the Sabbath principle in your life? In your family?

JOURNAL QUESTIONS

(These are questions to wrestle with in your journal or while driving in your car)

1. What are some ways to begin to honor the Sabbath principle in your life?
2. What are some habits you need to develop to reflect on the Word of God daily?