

Pause Group - Hebrews 4:1-13

Begin your time together by sharing highs and lows from the past week. Pray together with gratitude for the joys of the week in the lives of your group members and the world. Pray for those dealing with struggles. Pray for the world's struggles.

Study Questions: Address the questions your group desires.

1. Describe what a perfectly restful day would be like for you.
2. The writer has already used Psalm 95 to talk about the “rest” which the Israelites had been promised once they reached their destination (Hebrews 3:15). In Hebrews 4:3, the writer quotes Psalm 95 again, alongside examples of other kinds of rest. What two other examples or types of rest are described in 4:1-10?
 - a. How are the three “rests” different from one another?
3. What different things can cause us to trip and fall into unbelief?
4. Verse 10 says that anyone who enters the future rest will take a rest from all their works. What kind of rest does the writer have in mind?
5. At the time Hebrews was written, the writer may not have known about other books and letters that are in our New Testament – some may not have even been written yet. Was the writer then referring to just the Old Testament when he mentions “God’s word” in 4:12 or something more? Explain.
6. What obstacles keep you from spending time prayerfully and thoughtfully with Scripture and with Jesus, the written and living Word of God?
7. What can you do specifically this week to allow the word of God to cleanse and heal you as it is described in verses 11-13?

Closing Prayer