

Small Group Study Guide

Finding Resting in God |

From Sunday March 29, 2020

Appetizer:

Question: Which is better, coffee or tea? Do you have any other comfort drink?

Confession time: Are there any habits that you struggle keeping to due to distractions and busyness? Which ones?

A couple questions from the passage:

Read Hebrews 4:1-11: What stands out to you in the passage? Verse 2 mentions that “we also have had the good news proclaimed to us, just as they did.”

Who is the “they”? And what good news was proclaimed to them?

Main Course:

The passage starts off with a warning: we are still promised an opportunity to rest in God. Therefore, don’t fall short of the promise.

When we hear the word “rest” we often think of inactivity. But in this case, the rest of God is focused on a completed task: And yet his works have been finished since the creation of the world. (v. 3)

Question: How do we fall short of the work God has done for us?

Question: Why is obedience or disobedience affect our ability to rest in God?

Question: Sabbath-keeping is often seen as resting literally in areas such as spending money, a busy schedule, and striving to earn a pay cheque. How does Sabbath-keeping in this way speak to the “completed work of God”?

Hebrews 4:10 says: “Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.”

There is an interesting tension in the language that Paul uses in 4:10: he applies the word “effort” to rest.

Question: What kind of effort is needed in order to find rest in God?

Dessert:

4:9-10 states that “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works.”

When I was growing up, Sabbath-keeping meant to rest from our labour, meaning, don’t do anything. In fact, we would eat together, and then everyone would head to their rooms and have a nap.

Question: Is this what Paul is talking about when we are to “rest from our works”?

Abraham Heschel, a Jewish Scholar, wrote a book on the Sabbath and talked about the importance of Sabbath not just being about resistance but about celebration.

Question: What things should we be celebrating as Christians when it comes to resting in God?

Challenge:

Years ago, Canada had rules when it came to Sunday shopping. The entire society would take a Sabbath on Sundays.

What are some ways we can create a Sabbath mindset as:

-Individuals?

-The church?

-A country?

Take time to pray together, asking God to pull back the spread of the virus, draw us closer together, and open up doors for us as Christians to represent Jesus well.