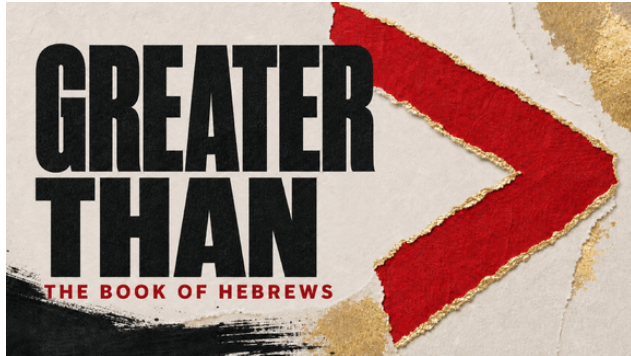


Finding The Rest You're Missing.

Oct. 10th & 11th, 2026



Read Hebrews 4:1-13.

1. What's your favorite way to rest, relax or feel peace?

2. Read **verses 1 and 3-5**. How is the rest God offers different from simply taking a break?

3. According to **verse 2**, why didn't hearing the good news benefit the Israelites? How can we fall into the same pattern?

4. Why is the word "Today" so important in **verse 7**?

5. When has trusting someone changed what you were willing to do?

6. **Verse 11** tells us to make every effort to enter God's rest. What does that look like without trying to earn our salvation?

7. When has a Bible passage helped you recognize something about yourself?

8. Read **verses 12-13**. What can God see about us that others cannot? How does that affect the way you approach him?

9. What is one way trusting God could change how you love someone this week?

10. Who could you encourage this week with the promise of rest in Jesus? Take time as a group to pray for those people.