

Session 2: Hebrews Vol. 2

Overview: This Sunday Co Lead Pastor Alissa shared an encouraging message with us as we continued in our talks titled “Hebrews”. Hebrews 3-4 reminds us that the condition of our heart matters deeply to God, and how a soft heart learns to trust Him enough to rest. Sabbath was created by God as a gift and a picture of the true rest found in Christ, showing us that rest with a balance of work is not laziness but surrender, worship and trust in God's design. When we refuse to rest, we often then live as if everything depends on us which is a form of pride. When we choose to rest as God designed it protects both our soul and calling, and that we don't lose by resting, rather we gain.

Key Scripture:

- **Hebrews 4:12**
- **Hebrews 3:7-15**
- **Hebrews 4:1-11**
- **Colossians 2:17**

Discussion Questions:

1. Have you experienced a time when your heart grew hard toward God? What did you do?
2. Hebrews connects rest with trust. Why do you think resting can sometimes feel difficult? What has been the most difficult for you?
3. What keeps you from personally slowing down and truly resting the way God designed us to rest?
4. What are some ways this week you could practically begin slowing down and resting/building a rhythm of rest?

Prayer:

Lord, thank you for being a God who not only calls us to work and serve but that you also call us into rest. Father, soften our hearts to trust your design for rest, and help us to slow down and cultivate a rhythm of rest in our lives that it would draw us closer to you Lord, in Jesus name, Amen.

