

LIFE GROUP – WEEK EIGHT



Jesus Is Our Rest

Hebrews 4:1-13

This Winter, we are experiencing God's presence together by encountering Jesus in the Book of Hebrews. This week, we were invited to enter into a life of rest. We all know we need more rest, yet very few of us feel able to rest more. For this reason, the author of Hebrews tells us to "strive to enter into that rest." Strive in order to rest? That sounds backwards... Doesn't it?

GETTING STARTED

We start each week by intentionally being present to one another. If you need a little help getting the conversation going, consider starting with these questions...

Ice Breaker

What sounds more fun to you - a brand new adventure, or a tried-and-true tradition?

Going Deeper

What does intentional rest look like for you in this season of life?

DISCUSSION GUIDE

Our discipleship to Jesus is meant to be a holistic way of living, involving our whole selves - **head, heart, and hands**. While each person will likely gravitate to one of these over the others, it's important we all consider how God's love affects our minds, our hearts, and our actions.

REMINDER: These guides are meant to facilitate PRESENCE - to God and one another - not to check boxes. Feel free to let conversation naturally flow to whichever questions connect with you personally. As the Spirit leads you, feel free to set aside this guide to pause, praise, and pray together.

HEAD

How have you thought about Sabbath in the past? An irrelevant Old Testament command? A religious burden? A gift of grace? Something else?

Read Matthew 11:28-30 and Mark 2:27. How does Jesus' teaching about rest influence how you think about the practice of Sabbath?

HEART

The preacher tells us to "strive to enter into [Sabbath] rest." What do you have to work hard to avoid or set aside in order to truly rest?

How is does your heart feel different when you are well-rested versus when you aren't? How does this look in relation to God? Family? Friends? Work?

HANDS

There are 4 basic elements of a practice of Sabbath: stop, rest, delight, and worship. Discuss each as a group and make a plan to Sabbath this week!

STOP - What things constitute your "ordinary work" that you will stop doing on Sabbath?

Lev 23:3 - You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest. (NLT)

REST - What activities help you to genuinely rest and feel restored?

Gen 2:3 - God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.

DELIGHT - What activities help you delight in God's creation?

Gen 1:31 - God saw all that he had made, and it was very good indeed.

WORSHIP - How will I personally connect with God on the Sabbath?

Ex 20:8, 11 - Remember the Sabbath day, to keep it holy... That is why the LORD blessed the Sabbath day and set it apart as holy.

PRACTICE OF PRESENCE

Take the things you talked about in the Hands section (Stop, Rest, Delight, Worship) and set aside time this week - a 24-hour period (if you can) or at least a half day - to put them into practice. After your Sabbath, let your fellow group members know how it went!

CLOSING PRAYER

Close your time in prayer together. Specifically, thank God for the finished work of Jesus, and ask him to help you rest from your work and experience his grace through practicing Sabbath. Confess the things that keep you from resting in him. And invite him to be present with you as you rest in him this week.

If you need, use the space below for more thoughts.

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