

Series *Sermon-based Growth Group Questions*

February 7, 2021

Genesis 2:1-3

**Introductory Discussion:**

What insight from Sunday's sermon did you find most helpful, or eye-opening, or troubling (pick any or all of the above)?

**Discussion:**

1. Do you have a sabbath in your life?
  - a. Do you purposefully rest regularly in your life?
  - b. Does it have to be Sunday?
  - c. Who should it be focused on?

Read Hebrews 4:8-11: "For if Joshua had given them rest, God would not have spoken of another day later on. (9) So then, there remains a Sabbath rest for the people of God, (10) for whoever has entered God's rest has also rested from his works as God did from his. (11) Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience."

2. What is the "rest" that we should enter into?
3. How do we enter into it?
  - a. It is ironic to strive to rest. Why do you think he uses the word "strive"?
  - b. Rest is ceasing from all work, so what must we "do" to rest?
4. How will resting in God keep us from the disobedience of the Israelites?

Psalm 95:8-11 says,

Do not harden your hearts, as at Meribah,  
As in the day of Massah in the wilderness,  
(9) "When your fathers tested Me,  
They tried Me, though they had seen My work.  
(10) "For forty years I loathed that generation,  
And said they are a people who err in their heart,  
And they do not know My ways.  
(11) "Therefore I swore in My anger,  
Truly they shall not enter into My rest."

5. According to this passage, what 3 things keeps us from entering that rest?
  - a. How do each keep us from resting?

Matthew 11:28-30 says, "Come to Me, all who are weary and heavy-laden, and I will give you rest. (29) Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. (30) For My yoke is easy and My burden is light."

6. What is the burden of people without Christ?
  
7. In contrast, what is the "light burden"?
  - a. What (who) makes it light?
  
8. When God finished creation, he said that it was very good and he rested. In John 19:30, Jesus said, "It is finished," and he bowed his head and gave up his spirit. What was finished?
  - a. How does His finished work on the cross lead to our rest?
  
  - b. How can we be on mission and also be at rest?