

*Sermon-based Growth Group*  
*“There Remains a Rest For the People of God”*  
*Hebrews 4*  
*Questions*  
June 23, 2023

Introductory Discussion: What from Sunday’s sermon did you find most helpful, or eye-opening, or troubling?

1. What is unbelief?
  - a. What has God done in your life that before it happened, you didn’t think was possible?
  - b. How can remembering that help you with unbelief?
  
2. The word “disobedience” in the passage means willful unbelief. Why might some people not want to believe?
  - a. What about Christians? Are there things that sometimes we struggle to believe because deep down, we really don’t want to?
  - b. How do we overcome that?
  
3. How do you combine God’s promises with faith (verse 2)?
  
4. What is the “rest” that the writer is talking about?
  - a. What are we resting from?
  
5. Do you still feel like you have to be good enough?
  - a. How do you resist the temptation to work at self-justification?
  
6. Matthew 11:28-30 says, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

- a. Who are we yoked to?
- b. How does that help us rest?

7. According to verse 11, what are we to work at doing?

- a. How do we do that?
- b. How does the word of God help (verse 12-13)?

8. According to verses 14-16, How does it help to know that Jesus is our great high priest?