



HEBREWS CHAPTER 4:1-13 DISCUSSION QUESTIONS
Week of 9/26/21

Icebreaker: What warnings have you ignored or tended to not take too seriously? Conversely, what warnings grab your attention?

Read Hebrews 4:1-13 as a group before discussing the questions below.

1. This chapter begins with a warning about the danger of hearing good news that ends up doing us no good! What, according to verse 2, kept the good news from being of benefit?

Is this warning still relevant to us today? If so, how?

2. The word, *rest*, is repeated 11 times as either a verb or noun between 3:11 and 4:11 as the author reflects back to Psalm 95 and Genesis 2:2 (Heb 4:4). What comes to your mind when you think of *rest*? Now, what do you think this passage means by *rest*?

3. This passage emphasizes that God's promise of rest is still available (see verses 1, 6, 9, 11). What's required for a person to experience it or not?

4. If the key to entering God's rest is faith, what do you think it means to "strive to enter" the rest that God provides in verse 11?

What does this look like in your life? How can you encourage each other to keep striving?

5. Verse 12 is one of the most frequently quoted verses in all of Scripture about the significance and power of God's Word. What stands out to you as most significant? Why?

6. God's word in verses 12-13 is compared with a lethal weapon that cuts us open and exposes "the thoughts and intentions" of our hearts! We're all "naked and exposed" before God. What do you think is meant by this vivid description?

7. Verse 13 and its language of being *hidden*, *naked*, *exposed*, and *giving account* is likely meant to remind us of Adam and Eve hiding from God in the garden in Genesis 3:8-11. How does this picture help us remember our constant need of God's grace?

How does this reminder make you feel?