

After having this conversation with your Growth Group, is there something in your life God is speaking to you about?

Is your faith in Jesus Christ alone for your salvation? What may cause us to place our faith in other things or people?

Are you resting in Jesus' work – His life, death, and resurrection – for your salvation? What does that look like in your life?

How are you “entering God’s rest” on a daily basis?

**Close in prayer**

Pray for the concerns of those in your group. Pray that we all may experience the rest that we can have in Christ. Pray that we all draw closer to Jesus as we fix our eyes on him.



# Fix Your Eyes

## The Book of Hebrews Growth Group Study Guide

Week 4

19 June 2022

“Get Some Rest”

Hebrews 4: 1-11

### Series Overview:

“Fix Your Eyes” is a study of the book of Hebrews. We don’t know for sure who the author of the book is. What we do know is that this letter was written to a group of Christ-followers who were experiencing tremendous suffering and hardship. Its message is clear. In the midst of your pain, fix your eyes on Jesus who is the exact imprint of God’s nature and the ultimate reflection of God’s glory. This is our hope.

This week we are talking about how Jesus is the 'Ultimate Rest'. In Hebrews 4, the author is talking to the Jewish Christians who are so exhausted because of all of the challenges and difficulties they are facing that they are in danger of just giving up and abandoning their faith. They desperately need to experience some rest in their lives. All of us need rest. Even in normal times, life can be exhausting. There's a pretty good chance that many of you (maybe most of you) are feeling a little exhausted right now. Maybe it has been the pandemic. Maybe the floods. Maybe it's the social unrest. Maybe it's family issues, or health issues, or financial issues. Or maybe it's something else entirely. Whatever it is, you need rest.

What is the longest period of time you have functioned without a significant rest? Discuss.

**Read aloud Hebrews 4:1-11.**

Count the references to 'rest' in this passage.

Three types of "rest" were identified in today's sermon.

**Promised Land.**

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**Sabbath.**

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**Salvation.**

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See if you can identify for each reference to rest in the passage to what type of 'rest' it is.

In Hebrews 4:2 it states clearly that faith is essential for entering God's rest. In other words, our faith needs to be in Jesus Christ alone for salvation. Does this raise any questions in your mind?

In Hebrews 4:10 it says that anyone who has entered God's rest "has also rested from his works as God did from His." How does faith in Christ enable us to rest from our works on a daily basis? What does it mean to have rested from your works?

Is there anything in your life that is causing you unrest? Is there something making you restless? How can your faith in Christ help you find rest for your soul each day in a restless-making world?

In Hebrews 4:11 we are commanded to "strive to enter God's rest." This command helps us understand we should be seeking to find rest for our souls in Christ alone, to rest in Him for salvation, and with the circumstances of our lives. How might this change the way you rest in him?