

GROWTH GROUPS

October 23, 2011

Hebrews 3:7-19

Conversation Starter -

As a group, compile a list of “time-saving” devices from which you benefit daily; devices that were not available 100 years ago. After you have compiled the list, consider the possible reasons that you are so busy today in spite of having access to these conveniences.

Understanding -

Hebrews 4 continues to draw on the account of the Exodus to highlight our need to place our trust in Christ. Israel’s unwillingness to trust God when on the brink of entering the Promised Land (Numbers 13-14), is a specific instance that is referenced.

Questions -

1. What impression do you have of the concept of “Sabbath?” Where or how do you believe these impressions were formed?
2. God offered a “rest” to the Israelite people after the exodus. This rest would come when they took possession of the promised land, yet they were not able to take hold of that rest because they would not trust God to provide by conquering the inhabitants of Canaan. (Num. 13-14)

God also offers us a holy rest by extending the invitation to take up citizenship in his kingdom. What do we need to do to take hold of that rest?

3. The Sabbath, one day in seven, is a gift that God has given his people as well as a discipline that helps us to grow in trusting him. Spend some time talking about how the Sabbath is both a gift and a discipline. Also, consider how this day can be misused; preventing it from becoming either a gift or a discipline.