

Sermon-Specific Discussion Questions — Hebrews 4:1-13

1. How hard do you find experiencing soul rest? What factors in your heart and our world most challenge you?
2. How would you describe to someone the biblical dynamic of working to rest? What is involved or not involved? Does longing for rest resonate with your unbelieving friends?
3. What is one thing you'd like to see change in your life in regard to letting go or holding on? How does/could your Sabbath rhythm help your heart with that goal?

-OR-

Discussion Guides for Grace Groups on ANY Passage:**1. GOD (WORD):**

- Goal: To understand the truth.

Passage: (Ex: Insert Scripture text from sermon)

Study Resources: (Ex: Bible, Commentary, Small Group Topical Study, Sermon Specific Discussion Questions, Sermon Audio available at www.southwood.org)

First: Slowly read the passage as a group. Encourage your group to do the following as you read.

- When a thought or phrase or word captures your attention, make a note of it.
 - If it causes a question (put a “?” by it).
 - If it sparks something in your mind (put an “!” by it).

Then: Use the following questions as a tool to lead your discussion. Don't try to do them all (though you may mix questions from different sets). Make sure that you do some questions from each category (God, Each Other and Neighbors, Prayer)

Set #1

- A. What does it tell us about God or Christ?
- B. What does it tell us about ourselves?
- C. Does it give us examples to follow or avoid...
 - ...commands to obey?
 - ...promises to claim?

Set #2

- A. What is the key verse that impressed you?
- B. Put verse in your own words.
- C. What is the thought just before the verse and just after?
- D. Give 2-3 reasons it helped you.

Set #3

- A. What did you like?
- B. What didn't you like?
- C. What didn't you get?
- D. How can you apply what you learned?

2. EACH OTHER and NEIGHBORS (CARE and MISSION):

- Goal: learning to listen, encourage, experience and express grace to others.

Set #1

- A. What does this passage tell us about our attitude towards God/God's attitude towards us?
- B. What does this passage tell us about each other?
- C. What does this passage tell us about our parish (neighbors, work friends, every day acquaintances, etc.)?

Set #2

- A. How have you seen God working in your life this past week?
- B. How have you seen God at work in your family, friends, marriage, workplace, etc.?
- C. Where do you need encouragement most right now as you try to live out your faith.

Set #3

- A. Where are you most joyful right now/what things are you most thankful for right now?
- B. Where are you struggling the most right now? How can our Grace Group help?
- C. Have you seen the Lord at work through you, your friends, spouse, everyday acquaintances, etc. in ways that are not explainable by human effort in the past several weeks?
- D. What specific things have you been giving thanks for as you have walked with God this past week?

3. PRAYER:

- Goal: interceding for one another before God's throne of Grace.

First: Ask, where do you need prayer most right now?

Then: Pray together as a group. If it's helpful, break up into smaller groups to pray.

- A. Praise God for where you see him at work right now.
- B. Ask for God's strength to sustain you where you are in great need right now.
- C. Pray for your parish (neighbors, work friends, every day acquaintances, etc.)
- D. Pray for self, for family, for friends, for church, for the world.