



HEBREWS CHAPTER 4 (FACILITATOR)

Discussion Starter

- What is one of the biggest opportunities that you know you missed out on because of fear and/or because you didn't listen?
- In what ways do you intentionally seek out rest for your body, soul, and mind?
- Opening Prayer**
- Ask if someone wants to volunteer before leading the prayer.

Tell the Story

- PLEASE MAKE SURE THAT YOU HAVE ONE PERSON WHO SUMMARIZES THE CHAPTER (SUMMARIZES THE CHAPTER) BEFORE THE GROUP READS THE CHAPTER TOGETHER.**

Read the Story (Hebrews 4:1-16)

Read out loud as a group, 3-5 verses per person. Let everyone know they can opt out if they would like.

Breaking it Down

- All questions should be utilized as appropriate based upon group dynamics to facilitate both understanding and discussion. Don't feel tied to the questions and don't feel like you have to get through every question. Follow the Spirit's lead! All questions are a matter of perspective in some way BUT there are specific questions that this is truer of and these questions have been indicated to be perspective/opinion questions.

Hebrews 4:1-5

- Who are the "they" and "them" in verses 1-2 and why is it important for us to understand who the "they" and "them" are?
 - The "they" and "them" in verses 1-2 are the Israelites in the Old Testament. More specifically, the author of Hebrews is referring to Numbers chapters 13 and 14 when the Israelites were supposed to enter into the Promised Land but did not enter the Promised Land because they chose to pay more attention to the obstacles ahead of them rather than pay close attention to the voice of God that had led and was leading them. It is important for us to understand who the author of Hebrews is talking about in these verses

to help us understand that we are not immune from living in fear rather than faith. We too can pay more attention to the obstacles in front of us rather than the voice of God that is leading us.

- What obstacles are currently in the way of you listening for God's voice and how are you being intentional about facing/addressing these obstacles so that you can pay more attention to the voice of God?
 - These are perspective and opinion questions so please listen as the facilitator.
- What promises of God are you currently claiming to help you more adequately and fully rest in the peace of God?
 - This is an opinion and perspective question so please listen as the facilitator.

Hebrews 4:6-10

- Why is it important to realize and remember that the "Today" that is spoken of in verses 6-9 is not a time frame that was ever intended to last forever?
 - There is only so much time that you and I have been given in this world and absolutely none of this time is guaranteed or promised to us by the Lord or anyone else. We are being challenged to not miss a single thing the Lord has for us in the time that He has given us.
 - How would you say that you're currently doing with being intentional in not missing a single thing that God has for you with the time that He has given you?
 - This is an opinion and perspective question so please listen as the facilitator.
 - How does one go about being intentional in not missing a single thing that God has for them on a daily basis?
 - This is an opinion and perspective question so please listen as the facilitator.

Hebrews 4:11-13

- What are some of your initial thoughts when you read Hebrews 4:12-13?
 - This is a perspective and opinion question so please listen as the facilitator.
 - How are you currently allowing God's word to transform each of the following?
 - Your thought patterns?
 - Your attitude?
 - Your heart?
 - Your actions
 - Your relationships?
 - These are opinion and perspective questions so please listen as the facilitator.

Hebrews 4:14-16

- What do you think the following quote means? "If there was anyone in the course of history who could have said 'it's not fair,' and been 100% justified, it would have been Jesus when He walked the face of the earth." Why do you agree or disagree with the quote? In what ways is the quote convicting to you personally?
 - These are opinion and perspective questions so please listen as the facilitator.
- What is remarkable about Jesus, the Son of God and God Himself passing through the heavens and choosing to take on a human body for you and me?
 - While Jesus created our human bodies and knows those bodies inside and out, Jesus Himself had never experienced what it was like to have a human body but willingly chose to embrace this experience as a servant for you and me but most importantly to be in full submission to His Father.
- What does this passage encourage us to consider, remember, and cling to when we doubt that we can make it in this life and when we doubt that no one understands whatever it is we are going through?

- This is a perspective and opinion question so please listen as the facilitator.

Final Application

- What does this passage teach us about God?
- What does this passage teach us about mankind?
- What is a command to obey in this passage?
- What has God revealed in your life that needs changing?
- What truth can be applied to your life about the gospel?

Closing & Prayer Requests

- Have a designated person to capture and share (as appropriate) within the life group.
- What happens in life group, stays in life group.
- Don't forget get to confirm the next meeting date and time
- Also recruit someone to do the story for the following week (Hebrews Chapter 5)



HEBREWS CHAPTER 4 (STUDENT)

Discussion Starter

- What is one of the biggest opportunities that you know you missed out on because of fear and/or because you didn't listen?
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Tell the Story

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Hebrews 4:6-10

- Why is it important to realize and remember that the “Today” that is spoken of in verses 6-9 is not a time frame that was ever intended to last forever?
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Final Application

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