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# Finding Rest in God

## HEBREWS 3-4:11

### Lean In

1. Share about a time when you rebelled against a person in authority? What happened?

### Look Down

#### Read Hebrews 3-4:11

2. What is the significance of “therefore” (v.1)? What are the practical implications of what has been written about Jesus in chapters 1 & 2? What does the writer emphasize about Jesus in verses 1-6 that would encourage us to “fix [our] thoughts” on him (v. 1) and “hold on” to our courage and hope (v. 6)?
3. To what incident does the quotation from Psalms refer (vv.7-11; see Numbers 14)?
  - a. How did the people of Israel harden their hearts?
  - b. In what way did they provoke God?
  - c. How were they testing God?
  - d. What kind of “works” or miracles did they see that God did for the forty years they were in the wilderness? Did these convince them? Why or why not?
4. What progression do you see in v.12? What role does the Christian community play in keeping each other true to God? (v.13)
5. List all the consequences of rebellion, hardness of hearts and unbelief in this passage. Which do you think is the most significant? Why?
6. We are told to do our best to reach God’s rest (3:11, 18-19; 4:1, 3, 5-6,9-11). How do you picture such rest? What does it mean to “enter God’s rest”?
7. What “message” (4:2) was given to each community (see Ex 3:7-8, Numbers 14:7-9)? Why did some who had this message preached to them miss their opportunity to receive God’s rest (4:2)? How was the message received and what happened as a result (Numbers 13:31-32, 14:1-4, 10-11)?
8. In contrast, what was Joshua and Caleb’s response and what was the basis of their response? (See Numbers 13:30, 14:6-9)
9. What is the proper response to the warning in verses 4:1 and 4:11?

### Look Out

10. How would you explain the “promised rest” to someone who is not a Christian?

### Look In

11. Following up on question 5: In what ways might an unbelieving heart manifest itself? What can we do to help others not fall away? In what ways would you like other people to encourage you? Take some time to encourage somebody in your Life Group. Be creative!
12. Review the facts about the hardhearted (vv. 8, 10, 12-13, 15-18). Which aspects of this lifestyle come closest to your experience? What are you doing to avoid the peril of “falling in the desert” (v. 17)?

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13. What does it look like for you to “make every effort to enter that rest”? (See v.11)