

LIFE GROUP GUIDE

CONNECT • GROW • SHARE • PRACTICE

Sept 11, 14

Hebrews: Old Testament Review

Connect (10-20 mins)

If this is your first week back together, please review the “connect and grow” parts from [last week's guide](#).

[Review the Life Group Commitment & Covenant](#)

1. In what ways did you spend time in God's word or prayer last week? How can the group help you grow in accountability in regular devotion to the Lord this semester?

Grow (10-20 mins)

2. Our practice last week we asked you to consider the things you need to say yes or no to this semester in order to prioritize life group and growing spiritually this semester. How did you invite the Holy Spirit into the process of prioritizing spiritual growth this past week? What was that like for you?

Share (30-40 mins)

3. This week's sermon stated that Jesus is a better tabernacle, a better high priest, and a better sacrifice. Explain in your own words what this means and how this is good news for those of us living in light of the New Testament.

4. Read Exodus 25:1-22, followed by John 1:14 and Revelation 21:2-5. How do the New Testament verses contrast with the way a Holy God would live in the midst of His people in the Old Testament?

In light of these verses, how might remembering this new reality in Christ strengthen your trust in God when you feel like God is not near?

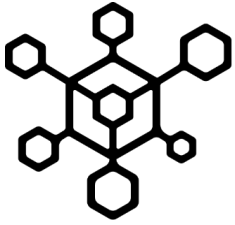
5. How would you explain to someone that Jesus fulfilled all of the requirements of being a perfect sacrifice, once and for all, to someone? Share any scriptures that come to mind and why this is important for us as believers.

Practice: Experience Ongoing Freedom (15-20 minutes)

It's easy to fall into 'trying harder' instead of trusting God. Or we often go back to old ways, old beliefs, old systems, old habits rather than truly trusting that Jesus is better. However, this life with God has always been a life of faith. Remembering that God's people have always been saved by faith (Genesis 15:6, Romans 3:28) helps us rely on Him, not our own efforts or self sufficiency.

Reflect. (5-10 minutes)

Consider what old things you might return to when you've turned your eyes away from Jesus. What are some of the ways we trust in ourselves over Jesus? (Perhaps you turn back to moralism, religious rules or ceremonies, self protection, self righteousness, performance, old sources of comfort, etc.)



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Read Matthew 11:28-30, two times, slowly. Perhaps in two different translations. What is Christ inviting us to according to these verses? Spend some time surrendering the burdens you are carrying and ask him for true rest from going back to old ways. Share in your group what came up and consider a time of prayer together.

For next week:

Set aside time this week to truly Sabbath, find time to rest in the finished work of Christ and delight in all of the good things God has given you in Christ!

Read Hebrews 1 and record observations and questions.