

LIFE GROUP GUIDE

CONNECT • GROW • SHARE • PRACTICE

Oct 9,12 - *This week we want to practice entering into a time of rest through an extended time of prayer. We want to take time separately to pray and re-group after to share how the time went.*

Print this guide out for everyone or have everyone pull it up on their phone.

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” (Hebrews 4:16)

A Better Rest - Hebrews 4

The author of Hebrews is deeply concerned for their audience, warning that some among them have not entered God’s rest (Verse 1). In verse 2, they emphasize that this rest comes through hearing and believing the good news.

There is a real and lasting rest in Christ that the world cannot offer. Without Him, we strive endlessly, chasing fading treasures, trying to save ourselves. Apart from Christ, we choose the death this world offers. Like sheep without a shepherd, we are lost—so we are urged to be diligent in entering His rest.

This rest is both eternal and available now through knowing Jesus: *“This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent”* (John 17:3). We enter this rest by faith in Him.

A Prayer Guide (30 mins): Consider spreading out throughout your home/meeting space, go outside, find a quiet space, alone with God.

- **First 5 minutes:** Present yourself to God. Lay down the worries and distractions. Focus on Him and delight in His presence.
- **Next 5 minutes:** Give thanks—for Christ, the good news, and the rest He gives. Reflect on what He has brought you through. Where have you found rest in Him?

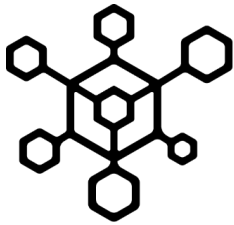
Hebrews 4 also points back to Genesis, when God rested—not because He needed it, but to model it for us. We often act like everything depends on our own efforts, but rest reminds us this is all His. We were made to abide in Him, not strive to be Him and manage our own little kingdoms.

The Israelites missed this rest due to disobedience, even after seeing God’s deliverance. They longed for the comfort of slavery over the unknown with God. We too can resist true rest by clinging to control.

- **Next 10 minutes:** Ask God to show you where you're still not resting in Christ. What parts of your life are closed off from trusting Him? This is not condemnation—but an invitation to something better.

Final 10 minutes: Simply rest in this truth: God loves you. You are seen through Christ’s righteousness because of the finished work of the cross. You don’t have to strive—just rest in Him. How does this change your perspective today?

Close in reading Matthew 11:28-30, twice, slowly.



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Group Reflection (1 hour)

Come back together and share how the experience was for each of you. Have group members share answers from each section in the prayer guide above, as time allows.

- What was meaningful or brought new insight from this experience?
- What was challenging or hard?

Follow up questions:

- In what ways would you like to grow in the area of rest?
- What are some practical steps you can take to enter into rest with the Lord daily, weekly, monthly?