

Group Discussion Guide for Week of 2/9/2020

Riverside Home Group Discussion Guide

Scripture Text from Sunday Sermon; *Hebrews 4:1-11 (NIV)*

¹ Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'"

And yet his works have been finished since the creation of the world. ⁴ For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." ⁵ And again in the passage above he says, "They shall never enter my rest."

⁶ Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, ⁷ God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice, do not harden your hearts."

⁸ For if Joshua had given them rest, God would not have spoken later about another day. ⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Observation (what does the text say?) **Interpretation** (what does it mean?) **Application** (what does it mean to me/us?)

Discussion/Topic Starters (Ice Breakers)

- Describe what a perfectly restful day would be like for you.
- O: What things in the text strike you or jump out at you? Why?

Know (what does the text say about God?) **Be** (what does it say about us?) **Do** (what does it call us to do?)

v.1-11

- O: Good news was proclaimed in the O.T. just as it was in the New Testament (v.2). What good news were the Israelites given (see Exodus 19:3-6)?

Follow-up: based on the passage (and sermon from Sunday), talk about the rest described here that points back to Old Testament times. Describe the kind of rest the people experienced.

- Of what did this rest consist? From what you know of Old Testament history, how long did this rest last?
- How does this temporary rest compare to the spiritual rest that the writer of Hebrews invites us to enter?

- I: What are the primary characteristics of the rest of God this passage talks about? **Know**
Another way to ask: How would you explain the promised rest of God to someone who is not a Christian?

- I: What prevents someone from entering the "rest" described in this passage (and that we are invited into)? **Be**

- I: How would you summarize in your own words the *warning* given in **verses 1-2, 11**?

Follow-up: What is the proper response to the invitations/warnings in **verses 1&11**? **Do**

Follow-up: Discuss how grace relates to rest.

- A: What most often keeps you from experiencing God's perfect rest? **Be**

- A: What "efforts" (v.11) can help you/us enter into God's rest? **Do**

-How WILL you respond this week? What one question do you want us to ask of you next week in regard to this?

Recommended Follow-up:

- **Pray:** Pray together, and really focus in on that we are meeting with God, He's in the room, and He wants us to KNOW Him, enjoy Him, and rest in Him.
- **Respond:** Spend this week responding to God's word as fleshed out in the group time, as well as journey through this week's companion devotional guide.
- **Read:** Next two week's sermons (2/16/20 & 2/23/20) will focus on Hebrews 4:12-ch.6. Take time prior to next Sunday to read & study the passage, pray through the passage, meditate on the passage, as well as journey through this week's companion devotional guide.

An explanation on how Riverside structures these discussion guides*:

Riverside defines a disciple of Jesus as a **“Know, Be, Do”** person. And since Jesus told us to “make disciples” we use the “Know, Be, Do” framework in our discussion guides.

Riverside leadership regularly asks questions around these areas:

- “What do we need to **know** about God?”
- “Who do we need to **be**?”
- “What do we need to **do**?”

Here is what we mean by “Know, Be, Do” (based on Colossians 1:9-10, see below)

Know – *“to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives..., growing in the knowledge of God”* Not just knowing about Jesus, but knowing Him personally, intimately, and deeply. This is also about knowing the scriptures, knowing the voice of the Holy Spirit, even knowing yourself.

Be – *“so that you may live a life worthy of the Lord and please him in every way”* Becoming more like Jesus (sanctification). This is about our character and our heart and our motivations, our passions and convictions change the more we get to Know Jesus (and others).

Do – *“bearing fruit in every good work, ...”* Knowing Jesus and Becoming like Jesus practically will change our actions. As we grow in these areas we will naturally DO the things that Jesus did while in the flesh on earth (living and loving like Jesus). Some broad categories around DO are evangelism and justice and service.

Notice *“bearing fruit in every good work”* then yields more *“growing in the knowledge of God.”* In other words, while “Know, Be, Do” are three distinct words, they are deeply interconnected.

As a side note, the next chapter states: *“⁶ So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. ⁸ See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. (Col. 2:6-8)* To aid in this process Riverside also has a **daily devotional guide available each week**.

Colossians 1:9-10, NIV

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,...

* As discussed in Riverside's HGLT (Home Group Leader Training), these guides are to be starting points for home group leaders to develop their own guides and approaches to leading group discussions. This is a resource tool, not a rigid “go through this guide word-for-word.” There are intentionally too many questions for a single home group time. This guide relies heavily upon the following resources: Thomas, Mack. *The Complete Bible Discussion Guide: Old Testament and New Testament*, Serendipity Bible for Personal and Small Group Study, Zondervan, along with the following group studies specific to Hebrews: Tom Wright (978-0-281-06379-6), Kay Arthur (978-0-7369-2306-4), Wiersbe (978-0781445665), MacArthur (978-0-7180-3515-0).