



## Hebrews “Rest”

### Gather:

*Ever wonder what the goal of small groups are? Ultimately they are meant to equip you to daily, walk closer with Jesus, and to allow the Holy Spirit to work in you and through you to love and serve people well. Ask the following questions to see how it's going.*

- How am I doing loving the people God has given me to love over this past week?
- Why is God so good?
- What is something new that God has revealed to me this week about himself or myself?

### Change:

- Think back to the message and share what theme, verse, or point stuck out the most? Why? \*\*\*Remember to bring your Update from the weekend to refresh your memory.
- Share your experience of being locked up in the prison of hurry.
- Have you kept the Sabbath holy? Why or why not? How has this had an effect on your life?
- We talked about being locked in the prison of hurry and our need for rest this weekend: Read through each of these statements/truths about Jesus Christ and discuss in depth what they mean and how they can help your soul find rest. What are next steps you can take? How is it helpful to you? Other thoughts?
  1. Christ is my righteousness!
  2. Christ is my identity!
  3. Christ is my security!
  4. Christ is my priority!
- Read Hebrews 4:1-16 using the “Devotional Method”. (For the devotional method you read the passage and you meditate on it till the Holy Spirit shows you how to apply truths to your life. The goal is application not just interpretation.) Some points to consider while meditating on this.
  1. Spend time praying for insight on how to apply this truth to your life before you read.
  2. Work through it verse by verse.
  3. Meditate and share insights with each other.
  4. Memorize V. 15

5. Compare and contrast the experiences of the Hebrews of old, the Hebrews of the time the author was writing, and our time as Christ followers. What is different? What is similar?
- Food for thought... Are you more or less excited and/or aware now of your relationship with God than you were last week? Spiritual growth is an incremental process, but you should see fruit. Just like healthy eating and exercise lead to a healthier body, spending time in spiritual disciplines lead to a healthier soul. Discuss where you are at and one step you can take to see growth.
  - What else has God put on your heart to share with the group? This can be about this week's teaching or anything else going on in your life.

**Serve:**

- This semester we want you to make it a priority to Love God and to Love others. We are asking you to commit to two things. #1 Apply the bible study methods you practice in small group during the rest of the week. INVEST in your relationship with God. #2 Get involved as a group and have an impact on this city! You will notice that we are highlighting and partnering with a few local organizations that are doing amazing things in Gainesville. If you don't already have people and places to impact in mind, join up with one of our Shift partners. We want to challenge you to spend at least one day/group time per month serving and loving those around you, and making a real impact on this city, all for the sake of the gospel. BY ALL POSSIBLE MEANS!
- Step 3 of growth track this coming weekend. If you haven't attended the growth track, this is your invitation. Learn about why Shift does what it does, and your purpose in Christ.