

Icebreaker

Describe your dream vacation.

Question 1

You've probably noticed that the first question is the same every week. That's because we believe it's the most important question of the day. When you allow people to discuss what they are learning in the Word, growth will happen. Make sure not to skip over this question even though it may seem repetitive.



1. What have you learned this week in your personal study time and through the message on Sunday?
2. Verse 2 says that the Israelites missed the rest God had intended because of unbelief. What is an area of your life you know intellectually, rest is available, but you have yet to physically put that under God's control?
3. Have you ever experienced what you believe is Sabbath rest? What was the situation or season of your life like?

For most of us, Sabbath rest is a situational or seasonal occurrence as it is hard for us to stay in a constant state of Sabbath rest. As we experience it more, it may become more regular, but until Jesus returns, we will not experience constant Sabbath rest.

4. What do you think the significance of the word "Today" is in verse 7?

The word "Today" specifically allows us to know that as long as it is called "Today" this rest in Christ is still available, we have not missed out.

5. In Old Testament times there were very specific laws on the Sabbath day. Why do you think God found it so important to force people to rest?

6. Why do we not physically rest like we should? If you do seem to get the rest you desire, what benefits do you receive from it?

7. Verse 15 says that Jesus was tempted in every way we are. How can this be true when the culture is so different today?

Refer back to the commentary and Matthew 4:1-11 to see how these three temptations in the desert are the roots of all our current temptations.

Response

Last week you were challenged to help your group find ways to rest. Continue this conversation and share your plans or recent success stories.



