



Jesus is Greater than all other Escapes LEADER GUIDE - March 22, 2020

PRIMARY PASSAGE

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. ¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³ Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. (Hebrews 4:1-12 NIV)

ICE BREAKER

Who’s got the craziest quarantine story so far? Anyone ready to escape? :)

DISCUSSION QUESTIONS

1) All of us struggle with rest at some point in time in our life (yes, even 9’s on the enneagram). What area of rest do you struggle with most - physical, mental, emotional, or spiritual?

- Physical - how well do you sleep? Do you eat healthy and exercise? How many hours a week do you work? What’s your current pace of life?
- Mental - when is the last time you “turned down the noise” in your life? (see week 2) How many hours do you spend on a screen or some other device that causes mental stimulation?
- Emotional - what is your mood like most days? When is the last time you had a deep belly laugh? How much patience do you have with people?
- Spiritual - do you see your relationship with God as something you have to earn/put out for? Or do you see it as something you can rest in?

2) The author of Hebrews shares in verses 1-2 that God's offer of rest still stands for us today but we need to be careful not to miss it. What caused the early Hebrew people to miss God's rest? What seems to cause us to miss God's rest today?

- Hebrews missing it -> they did not believe/respond in faith
- Us -> we miss it much in the same way. We either don't trust God can do it without us, or are too prideful and think we are the only ones that can do it.

3) Pastor Kevin shared that many times we end up exhausted in life because we're focused on *proving* and *pleasing* - sometimes even with God. How have you caught yourself falling into this trap?

- Prove -> share examples from your life; at work, home, etc. proving you belong, have worth, deserve what you have
- Please -> share examples from your life; working way too much to keep people happy, etc.

4) Jesus came to us when we could not get to Him, and because of that we now get to rest in *His work* when we respond in *faith* to Him. How does this change your view of faith and works?

- The Gospel isn't Faith + Works = Salvation but instead Faith = Salvation -> Works

5) Pastor Kevin shared (based out of Ephesians 2:8-10 and Galatians 2:20) that Jesus seeks to work for us, in us, and through us. How have you seen Him work in and through your life? How can you rest in Him this week so that you are available for Him to work through?

- Group leaders share your story!

PERSONAL RESPONSE

1) True rest is so much more than taking a nap. How can you seek to find true rest in Jesus and His word this week? How can you create new rhythms of renewal in Him?

2) What are some other forms of escapes that you need to let go of so that you can fully rely on Jesus? How can your group pray for you in this area?