Behind the Curtain - Rest

February 20-21, 2016

Community:

1. How do you spend your *free time*?
2. What does *resting* look like for you? Do you find it difficult to build rest into your life?

Core:

1. The definition of the word Sabbath is: a day of rest. How does taking a day of rest on a regular basis benefit you?

2. What happens when you DON'T rest regularly, and how often does this happen to you?

3. **Read Hebrews 4:11.** What do you think it means to "*strive to enter that rest*"?

4. What intentional steps do you need to take to take a regular day of rest?

5. **Read Hebrews 2:18.** Temptation is about unbelief. When you are tempted, where does this *unbelief* usually show up? How does Jesus help you through your temptation?

6. **Read Hebrews 4:14-16**. Have you had a struggle with unbelief that's led to a lack of confidence in God? How can Jesus (helping you through your temptations) give you confidence that He'll protect you?

7. **Read 1 Corinthians 10:13.** Where have you seen God providing an escape from temptation in the past? How you are being tempted now…and where is God giving you an "escape route" from sin?

8. **Read Hebrews 4:12-13.** What steps can you take to use God's word like a sword?

Challenge:

- Write down a plan to start memorizing scripture. Start with the verses listed above.
- As we work through Hebrews, and this series, write down verses that you want to memorize and start working on them—remembering that the goal of memorizing scripture is to know God better.