

Unlimited Access Week 3
May 4, 2025 "It's Business as Usual"
Hebrews 4:9-16

Read together Hebrews 4:9-16

1. The author speaks of a "Sabbath rest" that remains for the people of God. What do you think this rest entails, both in the present and in its ultimate fulfillment? How is it different from simply physical rest?
2. Verses 10-11 connect entering God's rest with ceasing from our own "works" What kinds of "works" might the author be referring to in this context and how can we discern when we are striving in our own strength versus resting in God's provision?
3. Verses 12 and 13 describe the power and discernment of the word of God. How has the Bible personally impacted your life, revealing your thoughts and intentions? Can you share an example of a time when God's word felt particularly sharp or revealing?
4. The passage introduces Jesus as our great high priest who has passed through the heavens and can sympathize with our weaknesses. How does the understanding that Jesus experienced human limitations and temptations (yet without sin) affect your relationship with him and your approach to prayer?
5. Verse 16 encourages us to "draw near to the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." What does it mean to approach God's throne with confidence? What might hinder someone from feeling this confidence and how can we cultivate it?
6. How does the role of Jesus as our high priest differ from the Old Testament high priests? What unique access and benefits do we have through him according to this passage?
7. Reflecting on the themes of rest, the power of God's word, and Jesus as our sympathetic high priest in Hebrews 4:9-16, which of these resonates most with you personally right now, and why? How might these truths encourage or challenge you in your current circumstances?

What is one practical step you feel God might be calling you to take this week to more fully embrace His promised rest and live with greater hope?