

Sermon Discussion Questions: July 5, 2026

Entering True Rest

Sermon Series: Running the Race of Faith

Passage: Hebrews 4:1-14

1. Describe what a perfectly restful day would look like for you.
2. What are some things you do to rest that don't deliver as much (or as deep) rest as you hope for?
3. In what areas of life do you tend to struggle with the sense that you are not enough and/or have not done enough? How does the finished work of Christ speak into your struggle?
4. God is offering a deeper rest in Hebrews 4—a joining in with God in his Sabbath rest, a “resting from one's own works” (4.10). How would you put in your own words what this rest involves? What sort of works does the author of Hebrews have in mind?
5. How would your life look different if you more fully entered this deeper, Sabbath rest described here? What could help you move in that direction?
6. ***Where in your life are you still living as though your acceptance, security, or identity depends on your own work rather than Christ's finished work? What would it look like to enter God's rest in that area this week?***
7. What does it look like for you to fight to keep believing instead of trying to earn God's acceptance?
8. Are there circumstances in your life right now where trusting God's promises feel particularly difficult? What makes faith difficult to find, and what might help you?
9. When has God's Word done a particularly good job of drilling down to your inner person and exposing things there? How did you respond?
10. What obstacles stand in the way of you spending time in God's Word and letting it expose your heart?
11. Why is it significant that immediately after describing God's searching Word, Hebrews points us to Jesus as our great High Priest (4:14-16)? What could you do this week to help you cling to this truth?