Hebrews Chapter 4 Discussion Questions

1)	Describe a time you experienced rest after hard work, or a long trip. What were you doing before the rest? What made the rest so memorable? How did you feel after you had experienced rest?
2)	On a scale of 1 to 10, 1 being low and 10 being high, rate how weary you feel in this moment. Why did you score that number?
3)	What does Jesus offer when he says that those who are weary and burdened can come to him and receive rest? How is what he offers different from what the world offers us?
4)	The Word of God is active and alive, sharper than any double-edge sword (Heb. 3:12). How has the active and living word of God penetrated you down to your soul? Does that conviction lead to rest or does it lead to something else?