



Refuel 4: Hebrews 4:1-13

Describe the most restful place you have ever been. What made it serene?

What does the word rest mean to you? How is the way we see rest the same/different than God's rest?

Read 4:1-11

What is the meaning of verse 2? How does it compare with verse 6? How does experiencing God's rest depend on our personal faith?

Galatians 2:16

"Know that a man is not justified by observing the law, but by faith in Jesus Christ. So we, too, have put our faith in Christ Jesus that we may be justified by faith in Christ and not by observing the law, because by observing the law no one will be justified."

What most often keeps you from experiencing God's perfect rest?

Is verse 11 a contradiction? ("Make every effort")

Read 4:12-13

What do these verses have to do with God's Rest?

What have you read during your time with God (Devo/QT) that has proven this verse true?