

## Dig Deeper @Home – “Jesus is...”

### Complement to sermon on January 15, 2017 – “The Son of God”

#### MEMORIZE – Hebrews 7: 24-25

But Jesus holds his priesthood permanently, because he continues forever. Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them

#### READ Hebrews 4

##### Questions to ponder/discuss:

1. Read Hebrews 4:1-16 several times listening for what God is saying to you. What is this scripture revealing about God and what is it revealing about us as humans?
2. If the above is true, what needs to change in your life? What will that look like?
3. What four exhortations does the author give us in this chapter? (Watch for “Let us...” vss. 1,,11,14,16)
4. What can we conclude about what the author wants to accomplish in this chapter?
5. When the author speaks of “his rest” and “my rest” (4:1,3,5) he means God’s rest. What would you say is the primary characteristic of God’s rest (see 4:4)? **Read Matthew 11:28-30; Romans 5:1-2.** What do these verses reveal about the “rest” that is available both now and in the future through Christ?
6. Read vss. 11,12. In what five ways does the author describe the Word of God? How does the emphasis on the Word of God and His penetrating knowledge relate to the “heart” that can be hard and unbelieving? (vs 7)
7. How does this privilege of approaching the “throne of grace” (vss. 14,15) relate to entering God’s rest?

**Bottom Line – What truth from chapter 4 would you like to take to heart this week:**

## Experiential

Sometimes activities help us to understand and process biblical truths. The ones below are suggestions for how to experience the truths of Hebrews 4. Feel free to use one of these or any you might come up with.

**Resting** – If you are into the regular, fast-paced routine of life, moving along from one thing to the next, this week, intentionally plan a “stop” in your schedule. Take some time to “rest” by intentionally drawing near to God to “listen for God’s voice”. Take a walk, or find a quiet place in your home and sit quietly to listen and to be still before God. Write down what God impresses on your mind and heart and follow through in obedience. If you are doing this exercise with your family, invite each person to sit quietly for 5 minutes, (you keep the timer) with their eyes closed and listen for sounds. Ask them to share what they heard and what it felt like to be quiet for 5 minutes. Talk about how important it is to “listen” for God’s voice as we read the Bible.

**Colder, Hotter**– Take a Bible and have someone hide it somewhere in the house. Then take turns going to look for it, with the person who hid the Bible saying whether the person is getting *colder* or *hotter* depending if they are getting closer to finding the Bible. When the person finds the Bible, have the person who found it look up Hebrews 4:12 and read it or have someone read the verse.

**SING** (a suggested song to sing. Use this or any song you might want to sing)

**A Wonderful Savior is Jesus My Lord** – Mennonite Hymnal #546

A hymn of praise reminding us how Jesus gives us shelter and rest as we trust in Him.

**Draw Me Close to You**- [https://www.youtube.com/watch?v=7d\\_oYr-P16M](https://www.youtube.com/watch?v=7d_oYr-P16M)

A worship song inviting us into the ‘rest’ that comes from drawing near to the throne of grace.

## PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

## Sending prayer based on the lesson:

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen