**Questions for Journey Groups**

**based on sermon June 7th**

**Hebrews 4 vv1-7**

1. When you think of the word rest what comes to mind? What defines rest for you?
2. Of the 3 enemies of rest mentioned by Craig, which one do you struggle with the most?

1. What we know - a result of our experiences, education etc

2. What we do –fending for ourselves, acting independently

3. What we have – material wealth, jobs, financial security…

3. We are already ‘at rest’ if we have made the decision to believe and trust in God. It is done! Can you share an experience of this deep rest?

4. Hebrews 4 uses the example of the Israelites entering the Promised Land (their ‘rest’) to explain the concept of our ‘rest’. What can we learn from these hyperlinks?