



## Small Group Discussion Notes

### The Rest of the Story Week 7

Sabbath as Invitation

November 6th, 2022

#### Warm Up

Share what sort of event or opportunity you would most like to be invited to.

#### Digging Deeper

*Read Matthew 11:28-30*

How does this invitation make you feel? Are you inclined to accept this invitation?

Read Hebrews 4:1-13

What initial reflections do you have about this passage?

The Exodus generation of Israelites failed to put their faith in God and as a result did not receive entrance into the Promised Land. What is the warning for believers today regarding their faith and God's promise of eternal Sabbath rest?

Despite seeing God work and knowing His promises the Israelites still doubted. Why do you believe this was the case? How is this similar to our walks of faith today?

In verse 8, Joshua is mentioned. Joshua did eventually lead the Israelites into the Promised Land, however that was not God's ultimate rest. Rather it was a respite and a foretaste of God's ultimate rest. How does Sabbath today, in the here and now, provide a foretaste of eternal Sabbath rest?

Verse 11 provides encouragement to "make every effort to enter that rest." What is meant by this, if we know we are saved by grace through faith rather than by our works?

#### Next Steps

How does knowing that you have been invited into God's eternal rest through Jesus change the way you view the circumstances of your life?

How might Sabbath rest as a regular part of your life strengthen your faith?

What can your small group do to encourage one another to accept the invitation into Sabbath rest?

What would it look like for you to invite other people into your times of Sabbath rest (children, family, friends, etc.)?

#### Final Thoughts

How might you be more intentional about accepting the invitation to Sabbath rest both today and into the future?