

Discussion questions:

Talk 1

- How has this talk helped you understand the meaning of “rest” in the Old Testament?
- When do you feel a “disconnect” between working & resting, or even between serving God & resting? Give specific examples.
- How have you been encouraged by God’s plans to restore “rest” in the future? How will this help you keep going as a Christian?

Talk 2

- How has this talk helped you understand the meaning and significance of the “Sabbath” in ancient Israel?
- How do you think you would have felt about the Sabbath, the festivals (Lev 23) and the Year of Jubilee (Lev 25) if you were an Israelite? Why?
- Why do we (even as Christians) need to think hard about the two uncomfortable realities that are highlighted by the Sabbath?

Talk 3

- How has this talk helped you understand how Jesus “fulfils” the Sabbath?
- What would it look like in practice to come to Jesus every day for rest?
- How are you currently balancing your need for physical rest with the necessity of working hard for Christ? Should anything change?

Talk 4

- How has Hebrews 4 filled out our understanding of what it means for Christ to give us “rest”?
- Are we tempted to focus too much on “the now” or “the not yet”? What’s the danger of over-emphasising one or the other?
- In what areas of your life do you need to hear the warnings of Hebrews 3-4? In what ways do you need its encouragements to keep going?