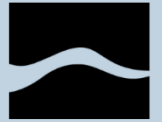


SERMON NOTES

God's Sufficient Word

Hebrews 4:12



BIG IDEA: God's Word is sufficient to bring us to God's rest.

APPLICATION GUIDE

August 2, 2026

DISCUSS

1. What does it mean that God's Word is "living and active"? How is the Bible different from any other book you've read, even a helpful or inspiring one?
2. The sermon described how the same truth (like God's sovereignty) can either soften or harden a heart depending on how it's received. Can you think of a time when you used a biblical truth to excuse sin rather than fight it?
3. How does the "MRI" image help you understand what the Word does when it "pierces to the division of soul and spirit"? What's being exposed?

APPLY

1. When the Word of God convicts you of sin or unbelief, what's your default response: defensiveness, blame-shifting, minimizing, or running to Christ?
2. The sermon said that our restlessness, anger, and anxiety aren't ultimately caused by our circumstances but by unbelief. Where in your life right now are you blaming circumstances for what is actually a failure to trust God's good purpose and provision?
3. How regularly are you sitting under God's Word outside of Sunday morning? What would it look like to increase your exposure to the "MRI" this week?

COMMIT

This week, read one chapter of Scripture each day and ask this question before you close the page: "What is this passage saying about the condition of my heart?" When it exposes something, don't defend yourself. Confess it to God and ask for grace to believe Him more deeply.