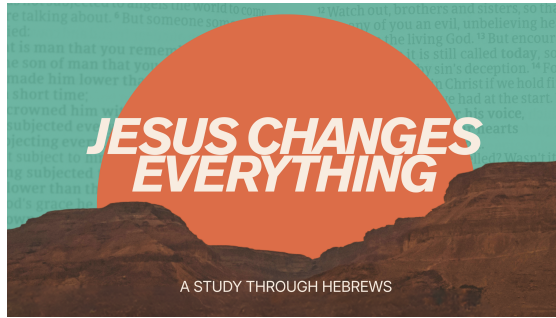




October 25, 2026
Group Discussion Questions

Getting Started

Take some time to catch up and connect as a group. Pray before discussion.
Expect God to move through your time together!

Pacing Your Group

Move quickly through “observation” leaving enough time for “reflection”, “discussion”, and “application.”

Scripture Reading

Re-read the scripture passages as needed when you discuss the questions.

Observation: *What does the scripture say?*

Read Hebrews 4:1-13.

1. Why might the author of Hebrews felt it was important to write about rest to the original audience?
2. What rest is the author talking about? How is it different from how we often think of rest?
3. How important does the author say it for us to enter God’s rest?
4. What words in this chapter are not words usually associated with rest? Why might they have been chosen?

Reflection and Discussion: *What are some first thoughts? How do the scriptures connect to everyday life?*

5. What brings you rest?
6. What do you most seek rest from?
7. What do you seek rest for?
8. Is the rest God offers different than the rest we usually get? If so, in what ways?
9. Why does the author talk about God’s word and his judgement when talking about God’s rest?

Application: *What is God saying to you?*

10. What is one thing God is saying to you through this study and discussion?

**** Take some time to pray for one another in response to what has been discussed today ****

We’re here!
We would love to hear about how things are going in your life group!
Reach out any time with questions, ideas, thoughts, or concerns.
Contact the Discipleship Pastor, Chris Kopp, (907) 646-4835, communitylife@changepointalaska.com