

“Jesus, Our Divine Rest”

Open The Conversation: What’s a highlight from your week so far?

Key Scripture: Read the following together. *Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms. For the Lord is the great God, And the great King above all gods. In His hand are the deep places of the earth; The heights of the hills are His also. The sea is His, for He made it; And His hands formed the dry land. Oh come, let us worship and bow down; Let us kneel before the Lord our Maker. For He is our God, And we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice: “Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness, When your fathers tested Me; They tried Me, though they saw My work. For forty years I was grieved with that generation, And said, ‘It is a people who go astray in their hearts, And they do not know My ways.’ So I swore in My wrath, ‘They shall not enter My rest.’ ”*

Psalms 95:1-11

1. What does this scripture tell me about me?
2. What does this scripture tell me about God?

Start Sharing: Choose one question to start the conversation, move onto others if time allows.

- How can singing and joyful thanksgiving help us enter into God’s presence? Can you share a time you entered God’s Presence after worshipping Him when you didn’t feel like it?
- What does scripture mean when it talks about “rest”? How is this different from what the world says rest is?
- What are some misconceptions about finding rest in God? How can we help others understand the true nature of His rest?
- The author of Hebrews emphasizes the importance of belief for entering God’s rest. How can we encourage one another to hold onto this belief?
- Rest is a promise for us right now, not just when we get into Heaven. What is it God delivered you from? What troubles your heart right now? Let’s pray and trust God with those things so we can enter His rest, it comes from within!

Start Praying: Pray together and for one another.

“God, we choose to enter your rest today. We surrender our cares and concerns to you. We worship you with praise and thanksgiving today. Thank you for your everlasting rest. Amen.”