



PERFECT

Group Study Guide

October 10, 2021
Real Rest

Pray

- Pray that we will trust God when times get tough.
- Pray for our group to have the courage to act in obedience in every situation.
- Pray that we will find real rest in Him.

Read Hebrews 4:1-13

- Read Deuteronomy 1:26-46. Describe what happened in this passage.
- What keeps people from entering God's rest? (Heb. 4:11)
- How is the Word of God described? (Heb. 4:12)

Discuss

- How does the world define "rest"?
- What kind of rest does God offer?
- Do you trust God so much that it actually brings you rest?

Next Steps

- Describe a time when you had to completely trust God.
 - Did you find rest in Him during that experience?
 - What were some of the feelings and emotions you experienced?
- Write down some passages from Scripture that remind you why you can trust God in every circumstance.