

SCRIPTURE TO READ:

HEBREWS 4:1-11;
MATTHEW 11:28-30

WEEKLY DISCUSSION

This method is a simple set of repeatable questions to help you and a few others look at a passage of the Bible and hear from God. No matter your experience level with the Bible, working through these questions with others can help you discover, share, and do what God is telling you right now. If you are leading discussion with others, make the questions your own. Find your “voice” and be confident in the influence God has given you. Keep the discussion moving forward. Complete all sections, though not necessarily all questions.

RECONNECT

- What are you thankful for this week?
- Where have you seen God at work in the world around you?
- What has been a challenge (or stress) for you this week?
- How can the group pray for or meet your needs this week?

RECAP

- What did you take away from this weekend’s message?
- What was your favorite passage of scripture from the message this weekend?

READ THE WORD OF GOD

Read the listed passages together as a group. You may need to focus on a main passage or a few key verses to keep your discussion productive. Ask someone to retell the passage in their own words. There’s no pressure to memorize or capture everything the passage says. The retelling should be as if you were explaining the passage to a new believer.

EXPLAIN THE WORD OF GOD

Use S.P.E.C.K. to discover what God is saying based on this passage:

- **SIN TO AVOID:** What are the sins in our life to avoid or get rid of in order to live the fulfilling life God has designed us for?
- **PROMISE TO CLAIM:** What promises or blessings does God give, because He is a good, gracious, and loving Father?
- **EXAMPLE TO FOLLOW:** Is there an example, illustration, or model to follow (or not follow) in this passage? Why (or why not)?
- **COMMAND TO OBEY:** Throughout history, God has guided His people through instruction, commands, and teachings so we can enjoy the eternally significant and meaningful life He desires for us. Is there instruction He gives in this passage?
- **KNOWLEDGE ABOUT GOD:** What understanding or wisdom do we learn about God through this passage? Sometimes this may be hard to discern, if that is the case, simply ask God to help reveal Himself to you (see 1 Corinthians 2 for more on the wisdom of God as revealed through the Spirit).

APPLY THE WORD OF GOD

- According to this passage, what are you doing well?
- What did God say to you from the message this week?
- If this passage is true, what do you need to change in your life?
- What are you going to do about it this week?

SHARE THE WORD OF GOD

- Have you noticed someone with an emotional, physical, or spiritual need this week? How could we help?
- Who can I share what God is saying to me this week? How could you tell them?

