



**September 4, 2022**

**Abounding Grace: Experiencing and Expressing Grace**

***Life in the Wilderness***

Hebrews 4:14-16

**For Discussion and Reflection:**

1. We live in world of discord. It's out of tune, the harmony is off. There is strife and dissonance all around us. Name some places where you see discord in your world. Why does this discord exist? How does the world respond to discord? Does that response create harmony or more discord?
2. Today's focus was on the world of discord. Where do you see discord in your life? Consider your relationships at work, home, church, or community. How are you responding to the discord in your life? What is your emotional response? How are you managing (responding and coping) the discord in your life?
3. As Israel exits Egypt, they anticipate entering the promised land, but instead are held in the wilderness where they endure many hardships. How did they respond to their suffering? Consider some of the following passages: Ex. 16:1-4, 17:1-4; Numbers 14:1-10, 20:1-5, 21:4-5. Who did they blame? How did Moses and Aaron respond? Exodus 16:6-8, 17:4-7; Numbers 14:9-11, 20:6-9, 21:6-7. What does this teach you?
4. The Apostolic author of Hebrews picks up on these moments of discord within Israel, Hebrews 3:7-11. What does he exhort God's people to do? Hebrews 3:12-14. What lessons do you take from this passage?
5. Hebrews communicates the availability of rest for God's people today, Hebrews 4. Chapter 4 builds toward the climax of our text in verses 14-16. How does the author view the rest available to us today? Where is that rest found? Consider Jesus' words, Matthew 11:28-30.
6. Do our circumstances determine our rest? Do your circumstances determine your rest?
7. What response do you have to this lesson? How is the Spirit calling you to respond?

