



October 2, 2022

## Abounding Grace: Experiencing and Expressing Grace

### *Help in the Moment*

Hebrews 4:14-16

#### **For Discussion and Reflection:**

1. The author of Hebrews wants his readers to engage God with confidence. Based on our study so far, what does the author base this confidence in? Why should God's people feel confident entering the throne room of grace?
2. The author says we should enter the throne of grace to receive mercy and find grace. Do you engage God expecting to "receive" God's compassion? What might cause you to think you wouldn't receive God's compassion? "Finding" or "discovering" grace implies that as we're engaged with God, we experience something we didn't expect. Have you ever had that experience of entering with need and leaving with help? Can you think of biblical people who had that experience? (Moses, Joshua, David, Daniel, Jeremiah, etc.)
3. The word "help" comes out of the boating world (Acts 27:17) and is the word for the metal cables put around wooden ships to hold them together. What does that communicate to you about what you receive from God?
4. Consider how your emotions (fear, anxiety, anger, etc.) can have an effect on you physically, can time with your Creator-Redeemer help? Consider the temptations you experience and the emotional/physical issues related to those temptations (shame, depression, exhaustion, etc.). Can time with your Heavenly Father help? Consider the questions of justice and oppression we experience today. Can time with your High Priest, Jesus, help?
5. The author says that God helps in our "time of need." His point is that when we are experiencing the threats, temptations, hardships of this world, in that moment, God is compassionate and moved to help us if we'll engage him. How are you engaging God with your human experience? Have you developed a plan for lengthier periods of time before God?
6. We just finished studying the book of Daniel. What was his daily practice of prayer? Read through Hebrews 11. What do you know about the worship habits of the people in this text?
7. Based on our study, what can you do this week to experience the mercy and grace of God?