

Icebreaker
What's your go-to strategy for staying awake when you're about to fall asleep during a meeting or conversation?
Discussion Prompts
1. Have you ever hesitated to bring anything to God in prayer? If so, why did you hesitate?

2. How does Jesus' role of High Priest (as described in Hebrews 7:23- 26) grant us permission to approach God?
3. What does it look like for you to be reverent when approaching God?
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4. With Hebrews 4:16 in mind, read Isaiah 55:6-7 and Romans 5:1-2. Discuss the difference between "receiving mercy" & "finding grace" and the ways that both grace and mercy impact believers' lives.
5. Hebrews 4:16 tells us to approach God's throne with confidence. How might the practices and mindset described in Philippians 4:4-
6 give us confidence to approach God?
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#### **Group Prayer**

Psalm 62:8 says, "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." Provide a time of prayer for group members to bring anything to God.

### Personal Reflection & Deeper Study for This Week

- Memorize Hebrews 4:16
- Read Hebrews 4. How does Hebrews 4:16 connect to other ideas/ themes presented in Hebrews 4?
- Read Psalm 103:8-13; Matthew 11:28-30; Ephesians 3:12; and Hebrews 10:19-22. List the commonalities between these verses and Hebrews 4:16. How do these verses enhance your understanding of Hebrews 4:16?
- How did the idea of approaching God change from the Old Covenant to the New Covenant, especially in light of Christ as our High Priest?