

Have you made any plans to practice generosity? Have you thought about selling anything you no longer need? Is there anything that God spoke to you about that you may want to share?

The practices of the Christian faith are not a religious formula to habit-stack our way into being like Jesus. When we slow down and come to quiet before God, often the first thing that comes up is emotional pain, as our soul begins to process and discharge all the pain and suffering of our life. Left unhealed, emotional pain can sabotage our transformation. **But**, if we open it to God, it can become the source to our transformation in being like Jesus.

Can you tell one story of a painful experience you've been through that has been used for good in your formation?

Hebrews chapter 4 continues the author's discussion from chapter 3 about **entering God's rest**. The writer uses the example of the Israelites, who failed to enter the Promised Land because of unbelief, to warn believers not to harden their hearts against God. The "rest" refers not only to the physical rest in Canaan but also to the **spiritual rest** found through faith in Christ — a rest from striving to earn salvation through works.

Read Hebrews 4:12-16

1. What descriptions are given about the Word of God in verse 12?
2. How does God's Word "discern the thoughts and intentions of the heart" when we pray?
3. How has God's Word recently revealed or convicted something in your own heart?

4. According to verse 13, what is God's level of awareness about our lives? Why is it important that "no creature is hidden from His sight"?
5. Is it comforting that God knows all of you, your history and thoughts?
6. Which of the three responses to emotional pain are you most inclined towards: deny, detach, or drug? What has that looked like in your life?
7. What do you think is the biggest barrier in allowing God to use our pain for His glory?
8. When facing temptation or weakness, how does knowing Jesus' empathy change the way you respond?
9. How does Jesus' temptation and sinlessness equip Him to be our perfect mediator?
10. How does the author contrast Jesus' holiness with His ability to sympathize with our weaknesses?
11. What is the significance of Jesus being a "great high priest who has passed through the heavens"?
12. What does "the throne of grace" represent, and why can we approach it with confidence?
13. What hope does this bring us in dealing with our pain?

Prayer Points

Please pray for some new cooks to join the teams that do an amazing work in catering for others. Pray for someone to help on a Wednesday, Thursday or Sunday.

Please pray for people in Myanmar still recovering from the 28 March earthquake. Pray for the Myanmar Baptist Convention as they support recovery efforts, and for church volunteers helping with trauma healing

Sermon Notes



BIBLE STUDY

October 19th 2025

**Practicing the Way:
Well our Feeble
Frame He knows**

Hebrews 4:12-16

Following Jesus has been likened to a long journey. When Jesus invited His first disciples to “follow” Him on the “way,” He was simultaneously saying that discipleship to Him is a lifelong path of learning. This series is designed to help you become more familiar with the journey of spiritual formation, help you get unstuck if you’ve stalled, or just guide you into being more confident to help others in their journey. Ultimately, its goal is to train you to live as an apprentice or disciple of Jesus: to be with Jesus, become like Him, and do as He did.

If you would like to join a Connect Group, please contact the church office 01424 730001