

Approach The Throne

Getting to Know You:

On a scale of 1 to 10 – with 1 being “I’m totally at ease” and 10 being “I should be in a straitjacket” – how would you rate your level of stress from this past week, and why?

Going Deeper:

Read Psalm 95 together.

- What actions and attributes of God are declared in this psalm?
- What exhortations and commands does the psalmist give to his readers (us)? In other words, in light of who God is, what is true about us and how do we need to respond?
- Consider the warning in verse 8 and how God responded in the past with the people of Israel (verse 11) – What is God’s rest, and how does belief in him lead to it?

Read Hebrews 4:9-13

- How do “[our] own works” keep us from entering God’s rest for our souls? And why does the author of Hebrews in verse 11 say that is “disobedience”? Read John 6:26-29.
- Consider the negative language used in verses 12-13. It seems like a contradiction that God’s Word convicting us of sin would lead to hope and rest for our souls. How does this work? Share personal examples from your life where this has been true.

Read Hebrews 4:14-16.

- As our ‘Great High Priest’, Jesus intercedes on our behalf before God. According to this passage, what is true about us if we have put our faith in Jesus?
- How should this determine how we should approach God?
- Consider what keeps you from running to Jesus when struggling – what are some practical steps you might take to put what is true (about Jesus, about you) into action?

Taking it Home:

Take time this week to praise God for who he is, and memorize Hebrews 4:16.