



**Elevate (Hebrews), Part 9**  
**“Living & Active”**  
**March 2-3, 2019**

**Opening Questions** (what is God doing in your life?)

- What is one of the most restful vacations you have ever experienced?
- Do you have a S.O.A.P. (Scripture, Observation, Application, Prayer) journal entry you'd like to share? Blank S.O.A.P. journal pages available at [lifegroups.mycrosscity.com](http://lifegroups.mycrosscity.com); click the “Resources” button.

**Discovery Questions** (hear *and* put into practice, Matthew 7:24)

- Have someone read [Hebrews 4:9-13](#).
- In last week's message, we heard about how disobedience keeps us from the rest (abundant life) that God has for us. Share an example from your experience or observation about how disobedience takes us away from God's plan of abundance and rest.
- It is hard to talk about our own disobedience, because we prefer to hide it! Can you think of any biblical people who disobeyed, and then missed out on God's abundance? (Hint: Genesis 3, Joshua 7, 2 Samuel 11, Acts 5)
- Read 4:12 again. What are the different ways the writer describes the word of God? Can you name the 4 analogies that Pastor Dave used in his message this week?
- Can you remember a time when a Bible passage “came alive” (living organism) and seemed as if it was written for you right at that time? How did that affect your view of God's word?
- Pastor Dave explained that our soul is our personality, emotions, and will. Our spirit is the part of us that opens to God and his Spirit in us. Where do you struggle to let God's word differentiate between your will and his will for you?
- Have someone read James 1:22-25 – (How many times do you look in the mirror every day?!) What can you do this week to look more carefully (vs 25) into the word of God?

**Bible Study Tools:** In addition to a good **study Bible** (examples: NIV Study Bible, NLT Study Bible, Life Application Study Bible in NIV or NLT), here are some free online resources to help you better understand the Bible:

- <https://www.biblegateway.com>. Many translations can be viewed in side-by-side columns; includes word searches, commentaries, and Bible dictionaries.
- <https://www.blueletterbible.org/>. Searches, commentaries, Bible dictionaries, and an interlinear Bible (shows Hebrew or Greek alongside English, allows you to study the meaning of the original words).
- Yes, you can “**Google**” your questions, but there is a mix of good and bad online. Look for results from the above sights plus biblehub.com, biblestudytools.com, studylight.org, and bible.org. If you’re not sure about what you’re reading, ask one of our pastors or a Christian friend you trust. Many advisors bring success (Proverbs 15:22, NLT)!

**Daily Devotion** (Bible reading, Prayer, Journaling): Encourage group members to engage with the Bible 4 or more times each week. Recent studies have shown that this is the most important factor in ongoing transformation. Options:

- Crawl: Verse of the day from YouVersion or BibleGateway Bible Apps.
- Walk: Short reading plans from YouVersion Bible App.
- Run: **Life Journal** (includes reading plan, daily pages, table of contents to track entries, prayer list). Available at <http://www.lifejournal.cc/>.

**CALENDAR** (3 terms per year: Fall, Winter, Spring)

- Week 1: Discussion Guide
- Week 2: Discussion Guide
- Week 3: Prayer Experience (using provided guide)
- Week 4: Discussion Guide
- Week 5: Strongholds discussion/prayer (using provided guide)
- Week 6: Serve Experience: see Outreach Questions above
- Week 7: Discussion Guide
- Week 8: Discussion Guide
- Week 9: Discussion Guide
- Week 10: Celebration: share the biggest thing God has done in your life over these 10 weeks, affirm and pray a blessing over each other, share communion.