

Message Notes: Focus on Jesus--He Knows

What You're Going Through

Hebrews 4:9-16

List some reasons people are always watching:

Does God give us that look? Why might we feel that way?

Describe how sharp God's Word is.

How much does God see and know? What might make that so scary?

What was Aaron supposed to do as high priest?

How is Jesus a better high priest than Aaron and all the rest?

Thanks to Jesus, how does God look at us?

**G
R
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C
E**

What grace has God showered on you?

How can we share that grace with someone else?

Growth Group: Focus on Jesus--He Knows

What You're Going Through

Hebrews 4:9-16

GETTING STARTED

What's your favorite way to spend a Sunday afternoon?

INTO MY HEART

What were some thoughts from the text / message that stuck with you this week?

"Sabbath" and "rest" in v. 9 is the same word. What message do you think the author might be trying to share?

Many Israelites missed out on the Promised Land because they disobeyed God. Put verse 11 into your own words.

Look at v. 13. Find a Bible story that emphasizes that nothing is hidden from God.

Think of a particular temptation that has troubled you. Read v. 15 again. Write a short prayer thanking Jesus for understanding your troubles.

List some of the **GRACE** God has poured into your life over the past week:

CLOSING PRAYER Lord Jesus, thank you for being our perfect high priest and knowing what I'm going through...