

## 2017-18 BSP#4 Group Time Discussion

*I believe in order to understand; I understand and the better I believe (St. Augustine). 我信以求明白；我明白所以信得更好 (聖奧斯定)。*

### (A) 我們查考以求明白 We Study In Order To Understand (10 minutes)

1. 為甚麼「進入祂安息的恩許仍然存在」呢(4:1)？這恩許不是已給了以色列人，而且在他們進入福地後已應驗了嗎？這教導對現代的人有何重要性？  
Why is that “the promise of entering his rest remains” (4:1)? Hasn’t this promise been given to the Israelites and fulfilled in their entrance to the Promised Land? How is this teaching important to the people of our generation?
2. 在 5:2 所提及的「無知和迷途」的弱點是甚麼？(提示：看戶 15:27-29, 15:30-31。)  
What are “the ignorant and wayward” weaknesses referred to in 5:2? (Hint: Read Num 15:27-29, 15:30-31.)

### (B) 我們明白所以活得更好 We Understand And the Better We Live (15 minutes)

進入主的安息就是在的愛內安息，不會因為過去或將來自己的不足而憂。很多聖人是這方面的表表者。雖然他們是世最忙的人，他們卻能安享現的每一刻。請與組員分享你自己能否用這安息的心情來生活，和為甚麼你能或不能。

To enter God’s rest is to rest in his love, free from anxiety about the past or future or about our own inadequacies. Many of the saints exemplify this rest. Though they were among the busiest people on earth, they were always at rest in the present moment. Share with your group members whether you live in this restful way and explain why you do or don’t.