

ENTERING GOD'S REST: THE PROMISE STILL STANDS

Hebrews 4:1-13

GOD'S PROMISE OF REST REMAINS

- *"Therefore, since the promise to enter his rest remains, let us beware that none of you be found to have fallen short. ² For we also have received the good news just as they did. But the message they heard did not benefit them, since they were not united with those who heard it in faith. ³ For we who have believed enter the rest, in keeping with what He has said, **So I swore in my anger, 'They will not enter My rest,'** even though His works have been finished since the foundation of the world. ⁴ For somewhere He has spoken about the seventh day in this way: **And on the seventh day God rested from all His works.** ⁵ Again, in that passage He says, **They will never enter My rest.**" (Hebrews 4:1-5)*
- Even though Israel failed to enter the Promised Land due to unbelief, God's promise of rest still stands for us today.
- No matter your background, your struggle, or your current situation, as long as you have breath in your lungs it's not too late to enter God's rest.
- "Unbelief dishonors God, and therefore God justly excludes unbelievers from His rest." — C.H. Spurgeon
- Like an unclaimed inheritance, God's rest remains for those who will receive it.

ENTERING GOD'S REST REQUIRES EXERCISING FAITH

- The evidence of true faith is displayed through obedience to the word of God.
- *Therefore, since it remains for some to enter it, and those who formerly received the good news did not enter because of disobedience, ⁷ He again specifies a certain day—**today**. He specified this speaking through David after such a long time: **Today, if you hear His voice do not harden your hearts.** ⁸ For if Joshua had given them rest, God would not have spoken later about another day. ⁹ Therefore, a Sabbath rest remains for God's people. ¹⁰ For the person who has entered his rest has rested from his own works, just as God did from His. ¹¹ Let us, then, make every effort to enter that rest, so that no one will fall into the same pattern of disobedience." (Hebrews 4:6-11)*
- We do not enter God's rest by our own physical work and accomplishments, but by trusting through faith the very word of God through Jesus.
- Faith isn't just a feeling; it's a decision to trust and obey.
- You don't strive to be loved—you strive because you are already loved.

- Our striving is not to earn rest, but to fight distractions, doubts, and disobedience that keep us from trusting Christ.
- What does striving look like for you? Prayer, community, resisting sin?

ENTERING GOD'S REST REQUIRES HUMBLY EMBRACING THE WORD OF GOD

- *"For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart. ¹³ No creature is hidden from Him, but all things are naked and exposed to the eyes of Him to whom we must give an account." (Hebrews 4:12-13)*
- The Word of God reveals the true condition of the heart—it is living, active, and discerning.
- God's Word is not passive; it pierces and exposes, calling us to repentance and transformation.
- God's Word convicts but it also heals and restores, so let it do its work so you can find rest.
- Are you striving to enter God's rest? Are you listening to and embracing His Word?

CONNECT GROUP DISCUSSION

Observation

- What is the "promise to enter His rest" referring to in Hebrews 4:1?
- What does Hebrews 4:1-13 tell us about God/Jesus?
- What does Hebrews 4:1-13 say about faith? The Word of God?

Understanding

- How should God's promise of rest impact you in your daily life? Does it impact you that way? Why or Why not?
- What keeps people from God's promised rest?
- What is the difference between working FOR your rest and having faith-filled obedience SO THAT you can rest?
- What does "striving" to enter His rest look like in your life?
- God's Word is the combination of Jesus and the Scriptures. In what ways do you humbly embrace the word of God?

Loving Outward:

- Who do you need to share the gospel with this week?
- Who do you need to follow-up with regarding the gospel?
- Who are you bringing to church next Sunday?