



Summer Sabbath

A True Heart Rest

Date: June 14, 2026

Read

Hebrews 4:1-11

Hebrews 4:9-11

Genesis 6:22

Discussion Questions

Understanding the Message

- How does the world's definition of rest differ from God's definition of rest?
 - The sermon described rest as trust rather than simply stopping work. How does that challenge your understanding of Sabbath?
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Looking at Noah's Example

- Why do you think God often asks us to trust Him without revealing all the details?
 - Have you ever experienced a season where God asked you to obey before you could see the outcome?
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Personal Reflection



- Which area of your life currently requires the most trust?
 - Marriage
 - Family
 - Finances
 - Health
 - Career
 - Relationships
 - Future plans
 - Spiritual growth
 - When you become weary, how do you typically respond?
 - Withdraw?
 - Stay busy?
 - Distract yourself?
 - Try to control things?
 - Turn to God?
 - What keeps you from experiencing true heart rest?
 - Is there an area where you are striving in your own strength instead of trusting Christ's finished work?
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Digging Deeper

The sermon stated, "The more we are filled with ourselves, the less room we have for the presence of God."

- How does trusting Christ's finished work help free us from performance-based faith?
 - What does it look like practically to "make room" for God to dwell in our everyday lives?
 - What is the difference between being physically rested and spiritually rested?
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Closing Scripture

1 Peter 1:9

Revelation 21:3