



## Jesus Greater Than Joshua's Rest

What does real rest look like to you?

How do you prioritize rest in your life?

**Memory Verse:**

**Hebrews 4:12 CSB**

**12 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.**

What does it mean that the Word of God is "living and effective"?

**Read: Hebrews 4:1-13**

***Hebrews 4:1 NLT***

***God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it.***

The warning of missing God's rest is very strong here. Do we take it seriously enough? How would we know?

Can you take the warning too seriously? What would that look like if we did?

**Puritan commentator John Owen described five features of this rest for the believer:**

- Rest means peace with God.
- Rest means freedom from a slave-like spirit as we worship God.

- **Rest means deliverance from the burden of Mosaic observance.**
- **Rest means the freedom of worship according to the gospel.**
- **Rest means the rest that God Himself enjoys.**

Take time to discuss what each of these 5 understandings of rest might mean for us today. Which one means the most to you?

In v3, the author quotes Psalm 95:11 - "So I swore in My wrath, 'They shall not enter My rest.'" Why would the rejection of God's provision for our rest cause such wrath? What does this say about God's Character?

If this is how serious God takes us entering His rest, what does that say about His love for us?

Verse 7 gives a specific warning against hardening our hearts. How do we do that? (Read: Hebrews 3:7-19, look for the different ways they hardened their heart against God.)

**Read: James 1:22-24, Romans 3:23, Isaiah 64:5-8, Philippians 1:6**

It all comes down to one thing: Is Jesus Christ the Lord of your Life? Self assessment time, when you hold your life to the standard of God's Word how do you rate yourself on a scale of 1-10? (Don't worry, we aren't going to ask you to share)

What is the appropriate response in our hearts to any examination of our hearts in comparison to God?

Why is it important to remember who we are IN CHRIST during such times of examination?

Take time to close by allowing people to praise/thank God for His saving and sanctifying work in our lives.