

SERMON STUDY



REFLECT

1. Describe a relaxing day off. How would it begin and end?
2. It has been said that rest is not just ceasing from work, but actively enjoying. Discuss the rest as both active and passive.

ENCOUNTER

In Hebrews 3 and 4, The author describes what it means to rest in God. What is rest? First, it is analogous to the children of Israel entering the Promised Land. When God saved the Hebrews from Egypt he delivered them into the Promised land. So another word we might use is *inheritance*. Second, rest is entered through belief; so what keeps us from rest is unbelief. Third, it is described as God's rest. When God rested, it does not mean that he needed to take a break, nor that he quit working. When God rested he enjoyed his creation. Rest is not a passive, quitting work—but active. Rest is enjoying God. Fourth, rest as happy fellowship with God is both in the future and today. Rest will be ultimate when we enjoy the sweet presence of God in heaven. But it is also now in our happy fellowship with God.

Study what might keep us from this rest in Hebrews 3:12-13. These are foundational verses for our growth groups.

3. What root sin does the author of Hebrews warn about?
4. What is one of the solutions to this according to verse 13?
5. How often are we to employ this solution?

6. If you had to write a short story about Hebrews 3:12-13 in real life, what might the plot be?
7. Who speaks into your life the way Hebrews 3:12-13 calls us to speak to one another?

TRANSFORM

8. How did this week's sermon encourage you in weakness?
9. How did this week's sermon confront sin's deception in your heart?

PRAYER REQUESTS

Let us, then, make every effort to enter that rest, so that no one will fall into the same pattern of disobedience

~ Hebrews 4:11 ~