



HEBREWS 4

The Illusion of Canaan and the Reality of Christ

We live in an exhausted world. We are constantly searching for rest, but we almost always define it in earthly terms. We assume that true rest is a geographical location, a financial milestone, a vacation, or the sudden absence of our daily stressors. The ancient Israelites made this exact same miscalculation. God delivered them from the brutal slavery of Egypt, and they assumed their ultimate rest would be found in the physical borders of Canaan—a material land flowing with milk and honey. Yet, because of their constant complaining and bitter unbelief, that first generation died exhausted in the wilderness, never experiencing the peace God had prepared for them.

In this powerful message from Hebrews 4, Pastor Steve shatters our earthly definitions of peace. He reveals that the rest promised to the people of God is not the temporary rest of this world, nor is it a promised piece of material real estate. True rest is found exclusively in the completed salvation of Jesus Christ. It is a spiritual rest from our exhausting, legalistic attempts to appease God through our own works. As you dive into this study, prepare to have your heart laid bare by the living Word of God. You will be challenged to stop looking to your circumstances for peace, and instead, rest entirely in the finished work of the Savior.

Study Questions:

1. Hebrews 4:10 states that he who has entered God's rest has "ceased from his works." What specific religious activities or self-improvement efforts do you still use to try to appease or impress God? (OT: Genesis 2:2-3 | NT: Ephesians 2:8-9)
2. Hebrews 4:1 explicitly states that the promise remains to enter His rest. Why will you never find sustainable peace if you are constantly demanding that God bring you into your version of rest? (OT: Proverbs 19:21 | NT: Matthew 11:28-29)
3. The Greek word for rest here means to "repose down." It implies a state of resting after intense exertion. What spiritual or emotional burdens do you need to physically lay down at the feet of Jesus today? (OT: Psalm 4:8 | NT: 1 Peter 5:7)
4. Pastor Steve stated, "Trials are how we learn to rest in the work of Christ." How has a recent season of deep suffering forced you to lean on Jesus in a way that times of comfort never could? (OT: Psalm 119:71 | NT: Romans 5:3-4)
5. The Bible is a discerner of the thoughts and intents of the heart. Why is it uncomfortable, yet absolutely necessary, to let the Word of God act as a surgeon's scalpel on our motives? (OT: Psalm 139:23-24 | NT: 1 Corinthians 4:5)