



Message Series Guide

Nothing Greater

Part 4 – The Believer’s Rest

Hebrews 4:1-13

The writer of Hebrews reminds readers that the Israelites heard God’s invitation to escape slavery, reestablished their place as His chosen people, and walked with Him through the wilderness into the Promised Land. However, they failed to believe the Good News. Their minds received something that their hearts did not believe. As a result, God declared them a hard-hearted people and a whole generation failed to enter the Promised Land. We are warned that we, too, can hear God’s invitation to escape slavery to sin, become a child of God, and walk with Him through this life into eternity; yet fail to fully believe the Good News. Hebrews reminds the believer of the importance entering into God’s rest. Today, rest is related to the redemptive work of Christ. When believers cease from their works, they enter rest. Spiritual rest includes ongoing maturity and perseverance, made possible by faith and obedience.

READ:

Hebrews 4:1-13 | Genesis 1 – 2:1-3 | Deuteronomy 5:12-15 | Mark 2:27 | Exodus 20:9-11

- What comes to mind when you think of the rest that God has for us? Why do you think God rested on the seventh day after He had created all things? What does it mean that the Sabbath is for rest and worship? What does it mean that the Sabbath was made for man, not man for the Sabbath?
- Is the commandment to honor the Sabbath less important than the commandments to not commit adultery or murder? Why or why not? Why do we tend to disregard honoring the Sabbath?
- How does rest help us to reflect on the source of our salvation – Jesus Christ? What does it mean to have rested from our works? How do we rest in Jesus?
- The motivation behind doing good is so important. How is it different when you are doing good not because you have to, but because you get to?
- Are you at the point where the word of God is living and active in your life?

DISCUSS:

- What is your philosophy on rest? Do you find it easy to rest from your work? How do you honor the Sabbath? If you must work on Sunday, how else can you experience Sabbath rest?
- What is the longest period of time you have functioned without significant rest? How does lack of rest affect you? Does it bring out the best or the worst in you?
- Is there anything in your life that is causing you unrest? Is there something making you restless? How can your faith in Christ help you find rest for your soul each day in a restless world?

PRAY:

God desires for us to live in a Sabbath kind of rest as we enjoy His presence and provision every day. Pray for an active faith and a willing heart that desires to enter into God’s rest today.

RESPOND:

List out ways you can find rest in Jesus – His life, death, and resurrection. List out how you will “enter God’s rest” on a daily basis?