



Destroying Distractions

Sabbath as Expectation

Hebrews 4:1-16



Study Description

This is a promise of a future hope that ties us to Jesus' return, the one true Sabbath which we live eternally in His rest. In this "Sabbath rest for the people of God," we strive to enter it so that we do not fall by disobedience. However, we are fallen humans and are called into God's grace when we stumble, because we have a God who knows our weaknesses and "has been tempted as we are, yet without sin." So we learn as followers of Jesus to Sabbath regularly as a future hope that one day, we will eternally rest. Think of our Sabbath as a holiday like Christmas or Easter, where we celebrate the day that is present, and the future hope that is also ours in Jesus!

Share: (5 Min)

- What's one thing God is doing in your life that we can celebrate together?
- Read Hebrews 4:1-16¹ together.

Learn: (10 Min)

- Look at verses 8-10. Why does the writer say "there remains a Sabbath rest for the people of God?"
- How is the writer of Hebrews connecting the Sabbath to our relationship with God and our future hope in Him?
- What do you think it means to "strive to enter that rest"?

Love: (10 Min)

- How does it feel to know that Jesus, our high priest, is able to sympathize with our weaknesses and yet, "has been tempted as we are, yet without sin"? How does that connect with Sabbath rest?
- How do you think finding rest in God contributes to our relationship with Him?
- We all stumble and fall in our walk with Christ. How might resting in Him remind us of His grace and forgiveness as we continue to follow after Jesus?

Live: (10 Min)

- Jesus is our High Priest that helps us in our time of need. What's something you're holding that you can give to him?
- Discuss practical ways in which we can incorporate Sabbath rest into our habits, not just as a day of cessation from work, but as a posture of trust and surrender to God's provision and sovereignty.

Prayer (15 Min)

- Pray for each other as you seek to find Sabbath rest this week.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. What have you enjoyed about this sermon/study guide series? What's been challenging?
2. How have you grown in your relationship with Christ recently?
3. What are you hoping God will do as you continue to grow in your faith?

¹ If you want to dive deeper into the Scriptures, read Hebrews 3:7-19 and reflect on the story of the Exodus and the people of God during that time. Notice how the writer of Hebrews refers back to the Israelite experience of their exile from Egypt and their disobedience toward God, yet the future hope that God gives back to His people.



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Feel free to take any notes in the space below.