

SERMON-BASED STUDY: STRIVING FOR SUPREME REST

Hebrews 4:11-16, ESV – ¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. ¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. ¹⁴ Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 What does it mean to *strive* in the context of this passage? How do we strive to enter and remain in His rest?
- 2 What does it mean for the Word to be *living and active*? How does this relate to being *pierced*?

- 3 How does Jesus' experience of being *tempted as we are, yet without sin* make Him a sympathetic high priest? How does this relate with being able to approach the *throne of grace*?

DIGGING DEEPER

A **Psalm 62:1-8, NIV** – ¹ Truly my soul finds rest in God; my salvation comes from him. ² Truly he is my rock and my salvation; he is my fortress, I will never be shaken. ³ How long will you assault me? Would all of you throw me down— this leaning wall, this tottering fence? ⁴ Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. ⁵ Yes, my soul, find rest in God; my hope comes from him. ⁶ Truly he is my rock and my salvation; he is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge. ⁸ Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

- 4 David describes God as his *rock* and his *salvation*. What does he mean by these two terms?

- 5 Why can David say, *my soul finds rest in God*? Does this mean that David (and us) will not have troubles in this life? Explain.

- 6 How did David's reliance on God influence his faith journey? How has your reliance on God influenced your faith journey?

B **2 Timothy 1:12b-14, ESV** – ^{12b} But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that day what has been entrusted to me. ¹³ Follow the pattern of the sound words that you have heard from me, in the faith and love that are in Christ Jesus. ¹⁴ By the Holy Spirit who dwells within us, guard the good deposit entrusted to you.

- 7 What is the *good deposit* entrusted to Timothy (and to us)? How can we guard this *good deposit*?

- 8 What are *sound words*? How can we *follow the pattern* of these words?

Why is Paul convinced that Jesus is able to guard what has been entrusted to him? How does this relate with *holding fast to our confession* (Hebrews 4:14)?

TAKING IT HOME

Looking at our passage today, we see that God wants us to put effort into our faith journey. How can you actively pursue God's rest today? In what ways can you allow God's Word to penetrate your heart and actions?

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

2 Thessalonians 2:13-17

1 Timothy 4:13-16