

SERMON-BASED STUDY: TRUST TO REST

Hebrews 4:1-13, ESV – Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’ ” although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” ⁵ And again in this passage he said, “They shall not enter my rest.”

⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God’s rest has also rested from his works as God did from his. 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.

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 hindered the Israelites from entering God’s rest? Does this still hinder people from rest today?

- 2 In the message, Pastor Mark gave a timeframe for God's rest. When does God's rest begin and end?
- 3 How did Pastor Mark explain the Sabbath rest?

DIGGING DEEPER

A **Matthew 11:28-30, ESV** – ²⁵ At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was your gracious will. ²⁷ All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Matthew 12:8, ESV – ⁸ "For the Son of Man is lord of the Sabbath."

- 4 What kind of rest does Jesus offer in this passage? Is it similar or different from the rest in Hebrews 4?
- 5 Jesus makes a strong claim in Matthew 12:8. Explain what this claim means for your understanding of Sabbath rest.
- 6 In what areas of life do you feel *heavy laden*? What can you do to take up Jesus' yoke instead?

B **Matthew 7:13-14, ESV** – ¹³ "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. ¹⁴ For the gate is narrow and the way is hard that leads to life, and those who find it are few."

Matthew 7:21-23, ESV – ²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. ²² On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' ²³ And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.'"

7 How does Jesus' warning about the narrow gate connect to the call in Hebrews 4 to enter God's rest?

8 In Matthew 7:21-23, what were people doing that they thought would allow them to enter the Kingdom of Heaven? What was required?

9 Explain a time when you thought and acted the same as the people looking to enter the Kingdom of Heaven.

TAKING IT HOME

God's rest is still available to all who trust in Him through Jesus Christ. True rest is not simply physical or circumstantial, it is the deep spiritual rest of trusting in Christ's finished work rather than our own efforts. God's rest is not something we earn but something we enter by faith in Jesus. Where in your life are you still striving to earn God's approval or carry burdens on your own? How can you begin to trust Christ more deeply this week? Share with your group what God is showing you. Pray for one another as you seek to live by His strength and wisdom.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Psalm 95

Luke 14:15-24

Romans 3:3

Romans 5:1

Revelation 2:26-27

Revelation 14:13