

Sermon Guide

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sermon discussion questions

"Enter His Rest"

- Complete this sentence: "I wish I had more time to..."
- What kinds of things keep you busy? Would you say your typical weekly schedule is healthy? Too busy? Not enough going on?
- Do you find it easy to rest?
- Do you think our current culture values rest?
- Is it easy for you to find rest in God? What does that look like for you?
- When we struggle to find rest in God because we are too busy, what is telling us it is the center of our lives?
- Honestly evaluate your weekly schedule. Do you see any consistent idols that prevent you from resting?
- Read Hebrews 4:3. How do we enter the rest God has promised to us?
- The Israelites failed to enter the rest found in the promised land of God because of their lack of faith.
- What does that failure have to do with our inability to find rest today?
- How can the truth of the Gospel help us find rest in God?
- Is there anything you are saying "yes" to right now out of lack of faith or an effort to prove your value and worth? What is it?
- Verse 11 tells us that we should make every effort to enter this state of rest. What are some ways you can make an effort to enter this kind of rest?
- Do you think you will struggle with this kind of rest? Why or why not?
- How are you going to remind yourself of the kind of rest offered to you only in Christ?

dig deeper:

"In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him. . . that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence."

~Chuck Swindoll

questions

- What are things we need to be healthy? (Nutritional food, exercise and rest).
- What would it look like if we missed one of these 3 things?
- To be spiritually healthy, what do we need?
- What is spiritual food? (The Bible).
- What is spiritual exercise? (Doing what the Bible says).
- What is spiritual rest?
- Read Hebrews 4:1-13
- Explain: We can rest in the finished work of Jesus.

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- Read Hebrews 4:1-13
- The theme of "rest" is prominent in scripture.
 - God's creation rest. Gen. 1: God created for six days and then rested on the seventh, and He set aside one day as holy (distinct and separate from others).
 - Weekly rest. The 4th commandment in Exodus 20. Work for six days and rest on the seventh.
- Explain: We can rest in the finished work of Jesus.

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- Read Hebrews 4:1-13
- The text tell us clearly. **We are called to enter God's rest through faith.** Read 3:19. Look also at 4:3. We enter this rest through faith. In other words, you can't work for rest. You have to cease working and simply trust the promises of God. The way you "make every effort to enter into God's rest" is by exercising the muscle of faith. That is exactly what vs. 10 tells us. You can't enter into God's rest by the very thing that caused you to need the rest in the first place, work. You simply enter it through faith. That's how you find your rest in Him.

