

REST FOR THE WEARY

Hebrews 4:1-11

BIG IDEA

Resting begins when working stops.

SUMMARY

When we are anxious and restless like the Hebrews, we have to start by remembering that “the promise of entering his rest still stands” (v.1) for all who would receive it. Yet the author gives us a sober warning that not everyone reaches this promised rest. The fear of missing out on God’s promised rest for us is a good thing; it is the kind of fear that spurs us to action. This passage is about what it means to persevere in faith and enter God’s rest; it is not about how to earn our rest. We rest as Christians because God has supplied what we need for eternal life in Christ. If you are in Christ, this promise of eternal rest is secure. True Christian rest began when the work of Christ on the cross was finished. This means we do not need to labor for our salvation. But, we do have to make every effort to enter God’s rest. We have to work at resting by trusting God’s supply in Christ and finding our deepest hope and greatest satisfaction in Christ’s work, not our own.

DISCUSSION QUESTIONS

1. Many unbelieving Israelites entered the physical land of Canaan but still failed to enter into God’s rest. What does that tell us about the hearts of these Israelites? What does this suggest about the importance of our heart in regards to salvation?
2. Where in your life is your “walk” not matching your “talk”?
3. Jerrod talked about how disobedience is the opposite of perseverance. This means that perseverance *is* obedience. In what areas of your life are you persevering well? Where are you failing? How can your life group help you persevere in obedience?
4. Why is it so difficult for us to rest from our attempts to merit our own righteousness? Why is resting such a constant struggle for Christians? Have you been searching for rest outside of God’s supply and promises? If so, where?