

FINDING REST IN GOD

THE FINAL WORD: KNOWING CHRIST THROUGH HEBREWS | HEBREWS 4:1-13
MAY 24, 2020 | AMANDA KILPONEN

"There then remains a Sabbath-rest for the people of God" (Hebrews 4:9)

Chaos in the Wilderness

- God reveals His character and relationship in the wilderness
- A generation does not receive a promised rest (v. 3)

The Promised Eternal Rest

- "And yet his works have been finished since the creation of the world..." (vv. 3b-4)
- God's 7th day as a vision of the future new creation
- Sabbath-rest is available to us (vv. 1,6)

Making Every Effort

- God's rest is not dependent on our works, but on His relentless love (v. 10)
- Receive the gift of rest through Jesus
- Diligently choose the path of trust

Entering the Rest Both Now and in the Future

- Allow God's Word to reveal how you are trusting God for your rest (v. 12)
- Embrace Sabbath-rest practices as a reminder of our freedom in Christ

DISCUSSION QUESTIONS:

- *Intro Question:* When you think of "rest?" What comes to mind for you? Describe a time when you felt at rest.

This week we continue our series on the Book of Hebrews, "The Final Word," by spending time in Hebrews 4:1-13. Begin your study by praying that God would speak to you through His Word. Then, whether you are alone or with a group, read the passage aloud.

1. Based on 1-4, What do you think the author is warning his readers about from the story of Israel's rebellion? How have seen Christians today fall into this?
2. When have you experienced the feeling of being "in the wilderness?" How would you encourage someone who is feeling that way?
3. How has God taught you about His character and the relationship He has to you during

those times of wilderness?

4. Spend time as a group or by yourself reflecting on the Creation story in Genesis 1 and 2. Let your mind imagine what it would have been like for God to rest in His finished creation on the 7th day.
 - What images come to mind for you as you imagine this?
 - What are you excited for in God's new creation?
 - Spend time praising God for His creation
5. Spend time discussing verses 9-11:
 - What is the Sabbath-rest that remains for the people of God?
 - What works do we rest from?
 - What does it mean to make effort to enter that rest?
6. In verse 12, what do you think it means that the Word of God is living and active? That it penetrates and judges?
 - The word "for" is a conjunction, showing a connection from verse 11 to verse 12. Why do you think these verses are connected?
7. Spend time reflecting on the question, "Today, what do I need to cease from in order to find my rest and satisfaction totally in Christ?" Pray with others about this.

DIG DEEPER:

This week, dig deeper into Hebrews 4:1-13. Here are some possibilities for that:

- If practicing the Sabbath is new for you, commit to one day this week to try it out. If you regularly practice Sabbath, consider changing up your normal routines for the Sabbath to allow God to work in you in a new way. Suggestions for your Sabbath this week:
- Spend extended time meditating on Hebrews 4:1-13. Read the words slowly, journal, and pray over what God is revealing through His word.
- Choose an activity to do on the Sabbath that does not lend itself to feeling worthy because of what you do. Whether it's going for a walk, art, reading, or cooking, practice this activity with the truth in mind that you are loved by God apart from what you accomplish.
- Read *My Heart, Christ's Home* by Robert Boyd Munger and discuss it with others. If you are a woman, consider joining a summer study with other women on this book! Contact Cathy Williams (williams Cathy@gmail.com) for more information. Copies of this book can be found inexpensively from InterVarsity Press, Kindle, and other online sources.
- Consider getting a copy of *Sabbath Keeping* by Lynne Baab and spend time over the coming weeks diving more deeply into the Sabbath-rest. Copies available for purchase through InterVarsity Press.
- When Jesus practiced Sabbath, He often revealed that it was not a legalistic practice, but an opportunity to rest in the abundance of God. It was a day to show mercy and see people set free from bondage. How can you be a part of helping others be set free in Christ to enter true Sabbath-rest with God?