

## Pursuing God's "REST" Hebrews 4:1-13

### The Setting

Message of Hebrews- Jesus Christ's Supremacy

Overview from last week-

Guard Your Heart (3:7-19)

1. Symptoms of Hard Heart
2. Consequences of a Hard Heart

"Rest" Interpretations...

1. Keeping the Sabbath Holy
2. Salvation
3. Depending on Christ
4. Inheritance/Blessing

Two Aspects to Our Inheritance/Blessing...

1. Future- participate in Christ's millennial reign
2. Present- experience His blessing today

Characteristics of God's Rest...

1. Available to us today (4:1, 7)
2. For the "people of God" (4:9)
3. Tied to our obedience (4:6, 11)
4. We are to be diligent to enter into it (4:11)

"Thus says the Lord, 'Stand by the ways and see and ask for the ancient paths, Where the good way is, and walk in it; And you will find rest for your souls.' But they said, 'We will not walk in it.'"

—Jeremiah 6:16

"for it is God who is at work in you, both to will and to work for His good pleasure."

—Philippians 2:13

Experiencing "Rest" Today Through the...

1. **PEOPLE of God (3:13)**
  - > Encourage One Another

“Therefore comfort one another with these words.”

—1 Thessalonians 4:18

“Therefore encourage one another and build up one another, just as you also are doing.”

—1 Thessalonians 5:11

“and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.”

—Hebrews 10:24

“And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another.”

—Romans 15:14

Experiencing “Rest” Today Through the...

## 2. **WORD of God (4:12)**

### > Life Transformation

“How can a young man keep his way pure? By keeping it according to Your word.”

—Psalm 119:9

“Your word I have treasured in my heart, that I may not sin against You.”

—Psalm 119:11

“Your word is a lamp to my feet and a light to my path.”

—Psalm 119:105

God’s Speaking Voice...

“I think a new world will arise out of the religious mists when we approach our Bible with the idea that it is not only a book which was once spoken, but a book which is now speaking.”

“If you would follow on to know the Lord, come at once to the open Bible expecting it to speak to you. Do not come with the notion that it is a thing which you may push around at your convenience. It is more than a thing, it is a voice, a word, the very Word of the living God.”

—A.W. Tozer in *The Pursuit of God*

“God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense,

laying us open to listen and obey. Nothing and no one is impervious to God's Word. We can't get away from it—no matter what.”  
—Hebrews 4:12-13 The Message

Experiencing “Rest” Today Through the...

**3. FEAR of God (4:1, 13)**

> Worship

“The fear of the Lord is the beginning of wisdom...”  
—Proverbs 9:10

Psalm 95:1-7

O come, let us sing for joy to the Lord,  
Let us shout joyfully to the rock of our salvation.  
Let us come before His presence with thanksgiving,  
Let us shout joyfully to Him with psalms.  
For the Lord is a great God  
And a great King above all gods,  
In whose hand are the depths of the earth,  
The peaks of the mountains are His also.  
The sea is His, for it was He who made it,  
And His hands formed the dry land.  
Come, let us worship and bow down,  
Let us kneel before the Lord our Maker.  
For He is our God,  
And we are the people of His pasture and the sheep of His hand.

“We Fall Down” - Words and music by Chris Tomlin © 1998 worshiptogether.com  
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**Study Questions: Hebrews 4:1-13**

1. What does “rest” refer to in Heb 4? What was Israel’s promised “rest”? What is God’s “rest”? What “rest” do we labor to attain?
2. How does Heb 4 relate to what we learned last week in Heb 3? Trace the author’s flow of thought in these two chapters.
3. What are the two aspects of our inheritance/blessing? Will all believers receive them? If not, how can we ensure that we do? Defend your answer with scripture.

4. How can we experience the rest of God as a reality in our lives today?
5. Read Hebrews 3:13 and Hebrews 10:24-25. What does it mean to “encourage one another day after day”? How have you been encouraged by someone recently? Practically, what would it look like for your group to “encourage one another” on a regular basis?
6. What does it mean to fear God (Heb. 4:1)? Why don’t we fear Him? What is the connection between the fear of God and worship?
7. How does God’s Word help us achieve His rest (see Heb. 4:12-13)? What are your observations about God’s Word? How can your group encourage each other to study God’s Word for yourselves?