

Strive for Rest



June 11, 2017

Hebrews 4:1-13

STRIVE = to make _____ to achieve
or obtain something

Is there a rest that is permanent?

**God has established an eternal _____
that we are to _____ to enter into!**

REST (καταπαυσις 3:11, 18, 4:1, 3, 4, 5, 6, 8, 10, 11) =
_____ or _____

SABBATH REST (σαββατισμος 4:9) =

A period of time set aside by God to refrain from _____
for the purpose of _____ and _____

Three important things to understand about God's rest ...

God's rest is something we should be
_____ of _____ to reach (vss 1)

God's rest is for all those who unite _____ the
good news with _____ (vs 2-3)

God's rest is available _____ (vss 1, 6-10)

Have you entered into God's rest through faith in Jesus Christ?

TIP Sheet (Take It Personal)

Use the below questions to aid you in making personal application of your study in the Word.

1. What are some ways that we STRIVE, longing for rest?

Do you ever get tired of continually striving?

2. What are some ways you experience REST and REFRESHMENT?

How does it feel when a time of rest or refreshment comes to an end and we return to striving?

What do you think it would be like to have a never ending time of rest?

3. READ: Psalm 95.

Who is the Psalmist referring to when he talks about “fathers” (vs 9), those who had “seen (God’s) work” (vs 9), “that generation” (vs 10), “people who go astray in their heart” (vs 10), “have not known (God’s) ways” (vs 10), and that would “not enter (God’s) rest” (vs 11)?

Why did the wilderness generation not enter God’s rest?

4. READ: Exodus 17:1-7 and Numbers 14:21-35.

How did the wilderness generation test God?

What did Caleb and Joshua do in order to be brought into the promised land?

5. READ: John 3:36; Colossians 3:5-6; Romans 2:1-16.

According to these verses what is God’s wrath?

Who is going to receive the wrath of God?

Why do people experience God’s wrath?

6. READ: Romans 10:1-17.

What do you learn about the connection between the HEART, HEARING and FAITH in this passage?

Do you see any similarities between this passage and the heart, hearing, and faith in Hebrews chapters 3 and 4?

7. Why is sharing (or responding to) the message of the good news of Jesus Christ TODAY so important?

Do you have family and friends who have not entered God’s rest through faith in Jesus Christ?

8. Have you entered God’s rest through faith in Jesus Christ?