

**Spiritual Growth Questions for June 7, 2020**  
(take one question each day and grow deeper in Bible study)

Better with Jesus: A Study of the Book of Hebrews  
The REST of Jesus Makes us Better  
June 7, 2020  
Pastor John Lloyd

Opener: Describe what a perfectly restful day would be like for you?

1. The Israelites failed to enter God's rest because they disbelieved, tested, and disobeyed God. What are the implications for us? Chapter 4 begins "Therefore".. **Read Hebrews 4:1-10** several times, listening for what God is saying to you. What stands out to you?
2. The writer has already used Psalm 95 to talk about the "rest" which the Israelites had been promised once they reached their destination (see Hebrews 3:15). **In Hebrews 4:3**, the author quotes Psalm 95:11 again, alongside other kinds of rest. What two examples of rest do you see described in this passage?
3. **Read Hebrews 4:1-3 & 6**. 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 heart of these Israelites? What does it suggest about the importance of the heart in regards to salvation?
4. **Read Hebrews 4:4**. How does the creation narrative and God's Sabbath rest on the seventh day of creation serve the argument of this passage?
5. What could be causing this Hebrew church to fall into unbelief? What different things can cause us to trip and fall into unbelief?
6. **Read Hebrews 4:10**. Why is it so difficult for us to rest from our attempt to merit our own righteousness? Why is resting such a constant struggle for Christians? How does our union with Christ and his righteousness help us in this matter?
7. **Read Hebrews 4:11, Matthew 11:28-30**. All of us face the challenge to trust God rather than to trust the way we feel or the things we see in front of us. How can we keep before our eyes the promise of God's eventual, and eternal, rest?

Hebrews 4:10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Matthew 10:28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

The book of Hebrews presents the greatness of Christ like no other New Testament writing. The author knew that by remembering and lifting up Jesus, he would help the readers endure their difficult circumstances. As this book is read, it demands a response. Let's take advantage of this time to listen to Him and pray this study will help us grow and be Better with Jesus! To those who trust and obey, Jesus gives REST far greater than what the world has to offer. No circumstance or trial is beyond his comfort and peace.

Hebrews 4:1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have believed enter that rest, as he has said, "As I swore in my wrath, 'They shall not enter my rest,'" although his works were finished from the foundation of the world. 4 For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." 5 And again in this passage he said, "They shall not enter my rest." 6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts." 8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

**Key Question:** Have I found true rest in Christ?

**Big Idea:** The promise of God's rest is fully realized through Christ. He can bring rest to any soul who puts their trust in Him and walks in obedience.

There is a promise of rest from the Scriptures. Hebrews 4:1 Missing out on rest results in spiritual devastation. Hebrews 2, 3, 6, 7 Jesus provides a better rest than Joshua. Hebrews 4:8 Real rest comes through Jesus. Hebrews 4:10-11

I. The promise of spiritual \_\_\_\_\_ is available to all.

Hebrews 4:1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

Matthew 10:28 "Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

"The infinite abyss can only be filled by an infinite and immutable object, that is to say, only by God himself." Blaise Pascal

Romans 5:1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

Hebrews 4:3 For we who have believed enter that rest.

II. Missing out on rest results in spiritual \_\_\_\_\_.

Hebrews 4:1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.

Hebrews 4:6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts."

**Reflective question:** What things can cause us to miss out on God's rest?

III. Jesus provides a \_\_\_\_\_ rest than Joshua.

Hebrews 4:8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God.

Joshua led them into the physical promised land.  
Moses representing the law could not bring them into Canaan.  
Joshua & Caleb provided an example of total trust and obedience.

Hebrews 4:3 For we who have believed enter that rest, as he has said, "As I swore in my wrath, 'They shall not enter my rest,'" although his works were finished from the foundation of the world.

Jesus leads us beyond the physical into the heavenlies.  
Jesus totally conquers all of our enemies.  
Jesus will reward those who have faced unjust suffering.  
Jesus gives a rest that is better than anything this world has to offer.

**Attitude shifts:** Tribulation in the Old Testament usually meant God's displeasure with His people. Tribulation in the New Testament was a means of refining and purging the lives of Christ followers.

**How am I viewing my own trials?**

IV. Real rest comes through \_\_\_\_\_.

Hebrews 4:10 for whoever has entered God's rest has also rested from his works as God did from his.

**Action Point:** *Trust in the sacrificial death of Christ* - allow Jesus to bring rest from guilt, failures, sin and a gnawing conscience.

John 19:30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Hebrews 10:12 But when this priest had offered for all time one sacrifice for sins, he sat down at the right hand of God.

**Action Point:** *Trust in the character of Christ* - Allow God to give you rest by placing your burdens on Jesus.

Matthew 10:28 Come to me, all who labor and are heavy laden, and I will give you rest.

Hebrews 4:11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Hebrews 4:1 Therefore, while the promise of entering his *rest* still stands.  
Hebrews 4: 3 For we who have believed enter that *rest*.  
Hebrews 4:6a It still remains that some will enter that *rest*.

Hebrews 4:11 Let us therefore strive to enter that *rest*, so that no one may fall by the same sort of disobedience.

Regardless of turbulent seas, by trusting in Jesus, we can share in the same rest God himself enjoys.

Hebrews 10:23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. John 16:33

"Thou movest us to delight in praising thee, for thou hast formed us for Thyself, and our hearts are restless until they find rest in Thee." Augustine (Confessions).

**Have I found true rest in Christ? Real rest comes from Jesus!**