

MESSAGE NOTES

March 7, 2010

How to Rest While You Work

Hebrews 4:1-13

#4 Renewing Hope and Confidence

WHO is invited to enter into God's rest?

(Hebrews 4:1-2)

1 Corinthians 10:1-4

¹For I do not want you to be unaware, brethren, that our fathers were all under the cloud and all passed through the sea; ²and all were baptized into Moses in the cloud and in the sea; ³and all ate the same spiritual food; ⁴and all drank the same spiritual drink, for they were drinking from a spiritual rock which followed them; and the rock was Christ.

WHAT is the rest we are invited to enter into?

(Hebrews 4:1-10)

HOW do we enter into God's rest?

(Hebrews 4:11-16)



Taking Hebrews To Heart Challenge

Throughout the series memorize, pray over and apply these passages:
Hebrews 3:13, 4:12, 7:25, 11:6, 12:1-2 and 10:19-25.

March 8-13, 2010

MONDAY

Read Hebrews 4:1 what type of person is being addressed in this verse (believers in Jesus or unbelievers)? Now read Hebrews 1:2, 2:1, and 3:1. How do these verses help identify who is being addressed? Based on this study, who is commanded to enter God's rest (believers in Jesus or unbelievers)?

TUESDAY

Read Hebrews 3:7-11, and 4:1. Three geographic places are indicated (Egypt, wilderness, promised land). Now read 1 Corinthians 2:14-3:3. What three spiritual experiences available to every believer are paralleled by the geographic places mentioned in the passages you just studied?

WEDNESDAY

Read Hebrews 4:1-3, 9-11, and 16. From the study in day two, the promised land parallels the rest that believers in Jesus experience as they live by faith. This life of faith is what the author of Hebrews calls rest. How do these passages help you understand what this rest means?

THURSDAY

Reread 1 Corinthians 2:14-3:3. Reflect on the three spiritual experiences that you've studied this week: salvation by faith in Jesus (natural man), trusting in Jesus for salvation but not living by faith (fleshly man), a rest-filled life of faith (spiritual man). Which are you currently experiencing?

FRIDAY

Read Hebrews 3:13, 4:11-16, and 10:19-25. How do these passages teach us to enter God's rest? What three spiritual disciplines help us to do so?

WEEKEND

Read Ephesians 4:23-24 and Galatians 5:16. What struggles, trials, and temptations in your life regularly challenge you to not enter God's rest? How will you constantly strive to enter God's rest throughout the day? Use the following disciplines to help you live in rest daily:

- *Word of God*: Renewing the mind in the Bible (Hebrews 5:14)
- *Spirit of God*: Living by faith in the power of the Holy Spirit (Galatians 5:16)
- *People of God*: Encourage one another to live by faith (Hebrews 3:13)

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