

# HEBREWS

## "NO TURNING BACK"

### Lesson 6

**Ice Breaker:** When was the last time you felt really rested?

**INTRO:** Ever go back to work after a vacation and feel like you needed another vacation to rest up from your vacation? Why is it so hard to get real rest? The Hebrew writer lets us know God has a rest for us that we can actually live in all the time.

**READ: Hebrews 4:1-11**

Therefore, since **the promise of entering his rest still stands**, let us be careful that none of you be found to have fallen short of it. **2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. 3 Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, "They shall never enter my rest." And yet his work has been finished since the creation of the world. 4 For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work." 5 And again in the passage above he says, "They shall never enter my rest."**

**6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. 7 Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts." 8 For if Joshua had given them rest, God would not have spoken later about another day. 9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from his own work, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.**

**Q:** Verse 1 tells us that a promise of God's rest still stands and that we can miss it. What is God's rest?

- Some people understand God's rest as Heaven... where we will rest from all our work here on earth.
  - I'm not sure God's rest is synonymous with inactivity.
  - God rested after creating the earth (Gen. 2:2-3) but that didn't mean He hasn't done anything since.
  - Entering God's rest probably doesn't mean we will be inactive either.
- It seems more likely that God's rest is synonymous with working in God's Kingdom.
  - Matt. 11:28-30 "Come to me, all you who are weary and burdened, and I will give you **rest**. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls**. 30 For my yoke is easy and my burden is light."

Q: According to verse 2, the Israelites heard the same gospel we did but failed to combine it with faith. What was the message they failed to believe?

- Matt 4:23; 9:35; and Mark 1:14 all say the gospel (good news) was about the Kingdom of God.
- The Israelites were told the same gospel... that God would take care of them and be their King.
- Jesus tells us what living in the Kingdom is like in the Sermon on the Mount.

**Read Matt. 6:25-33.**

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Who of you by worrying can add a single hour to his life? **28** “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** **But seek first his kingdom and his righteousness, and all these things will be given to you as well.***

- The story the writer of Hebrews is referring to in this passage is found in EX. 17.
  - The Israelites had been led into a desert by following God, and then they freaked out when they didn’t see any water.
  - Instead of having faith to believe God would meet their needs, the Israelites decided to take matters into their own hands.
- If they had believed the promise of God’s rest, they wouldn’t have gone to work trying make God give them water, they would have rested from that kind of work and worked at following God and pleasing Him... trusting Him to meet their needs.

Q: According to vs. 3, how can we enter God’s rest even though the Israelites failed to?

- By believing God will take care of us.
- We need to focus on obeying God rather than trying to meet our own needs.

Q: Verse 11 encourages us to make every effort to enter God’s rest, and not to follow the example of disobedience. What does it look like to obediently enter God’s rest?

- We have only one thing we need to concern ourselves with... pleasing our King.
- We must let go of trying to meet our own needs.
  - The Israelites thought it would be foolish not to make sure they had provided for their families.
- When you woke up this morning, how many things were you worried about? How many of those things were really out of your control?
  - Obediently entering God’s rest means consciously choosing to focus on only one objective each day... Seeking His Kingdom and His righteousness.

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*APPLICATION ASSIGNMENT: Answer the following questions as best you can, then get with your discipler/discipleship group and discuss your answers.*

1. Read Matt. 6:31-34 again.
  - a. What do you worry about?
  - b. What does this tell you about your level of rest?
2. God led the Israelites in Ex.17 to a desert. They didn't trust God to provide them with water even though He had led them there.
  - a. What desert has God led you to?
  - b. What are you afraid He won't provide for you?
3. What specific steps can you take to make sure you enter God's rest?