

entering god's rest

BIG IDEA

How do you find **rest** in the heat of life; in the hustle of Jak-city? God does not desire for us to live our days stressed out, agitated, or restless with doubt and fear. He desires for us to live from a place of rest where we are deeply rooted in His Promises.

The Israelites were given the promise by God to enter the Promised Land (a place of rest), however their disobedience and hardened hearts prevented the first few generations from entering into this place rest, security, and freedom. *How do we respond to God's promise of rest?* How do we actively experience God's rest on a daily basis? Let's dig deeper through scripture.

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. ² For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. ³ **For only we who believe can enter his rest.**

Hebrews 4:1-3.

⁶ So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. ⁷ So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted: "Today when you hear his voice, don't harden your hearts."

Hebrews 4:6-7

¹⁹ So we see that because of their unbelief they were not able to enter his rest.

Hebrews 3:19

³² Think back on those early days when you first learned about Christ. Remember how you remained faithful even though it meant terrible suffering. ³³ Sometimes you were exposed to public ridicule and were beaten, and sometimes you helped others who were suffering the same things. ³⁴ You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever.

Hebrews 10:32-34

DISCUSSION QUESTIONS

1. What does it mean to **Rest in God**?
2. What prevented the Israelites from entering His Rest (the Promise Land)? Read Hebrews 3:12-13,19. Hebrews 4:6-7
3. What are some things that prevent *you (personally)* from entering His Rest?
4. How can we experience His Rest? Read Hebrews 4:1-3.
5. This faith journey is tough and it comes with many trials that will challenge our faith and relationship with Christ. Identify one area in your life you need to experience rest in God. What are some practical things you can do this week to experience **Rest in God**?

#onething: Until we believe God (His promise for your life) is ENOUGH, nothing will be enough.

#challengoftheweek: One applicable way we can remain in God's rest in getting plugged in a community where we can remind each other of God's promises. I challenge you this week to choose a bible verse of God's promise that has impacted your life and share it with one person in your Connect Group this week. (Can be over coffee, WhatsApp, your choice).