

**The Rest We Long For**  
**Text: Hebrews 4:6-10**  
**October 29, 2022**

**Big Idea: Because true rest is only found in Jesus, we must seek it from him daily.**

**Context is key!**

**Question #1 (Context)**

*Ask Yourself: What is going on in the text?*

- a) What is the setting and what is happening?
- b) Who are the main characters?
- c) Are there any words/phrases that are repeated?

**Question #2 (Context)**

*Ask Yourself: What does the text say about God and about me?*

- a) Is God saying or showing something about Himself? If so, what?
- b) Do the words in the text predict, prophesy or picture something about Jesus? If so, what?
- c) Is God saying or showing something about us? If so, what?
- d) How does the text point to my need for Jesus? How?

**Question #3 (Context)**

*Ask Yourself: What are the principles, commands or promises given?*

- a) What is the overall theme of the text?
- b) Does the passage include any promise from God? If so, what?

**Question #4 (Context)**

*Ask Yourself: What is the application?*

- a) What is one specific way I can live by these truths, or trust in these promises today?
- b) What is the next step that I need to take to see this happen?

To enter into trust rest, you must...

**Point 1: Trust in JESUS ALONE for it (vv. 6-7)**

*Question: Jesus died to give you trust rest. Will you trust in Him?*

**Question #5**

- a) Why does the author bring up the promise of rest as he explains the history of the exodus?
- b) The people of Israel were seeking rest, why did they not receive it right away?
- c) True rest is not found in a promised land, but a promised Son. What things do you run to to find the rest that can only be found in Jesus?
- d) Why do you think those things will give you the rest you long for?
- e) Spend time before the Lord repenting of running to those things instead of Him, and ask for the faith to run to Him.

**Question #6**

*The author links the salvation of Jesus and his provision of rest.*

- a) What are passages in Scripture where God promises rest? Write these down and share them.
- b) What is preventing you from trusting in these promises?
- c) What next step can you take to grow your faith that Jesus will give you rest?

To enter into true rest you must...

**Point 2: Follow JESUS' MODEL of it (vv. 8-10)**

*Question: Jesus has modelled for us true rest. Will you follow His example?*

**Question #7**

- a) Why are we no longer commanded to have a Sabbath rest as in the Old Testament?
- b) Sabbath rest in Jesus is very different from the rest our culture says we need. How is this rest superior to the prescribed rest of the world?
- c) What makes the sabbath rest in Jesus greater than rest offered by the world?
- d) Sabbath rest in Jesus is a gift for us, when you think of spending undistracted time with Jesus what part of it are you excited about?
- e) What is something you want to try as a next step in growing you in abiding in Him?

**Jesus Model....**

*Uncommon communion*

**Question #8**

- a) What needs to be the focus when we take a sabbath rest? (Hint: John 15:4-5)
- b) What are the essential parts of the example Jesus models for us?
- c) What can these look like for you today for your abiding in Him?
- d) Which part of his example do you struggle to follow? Why that?
- e) Spend time in prayer with your small group about these areas.

*Uncommon Commitment*

**Question #9**

- a) What are the biggest distractions that will often pull you away from abiding in Christ?
- b) What steps do you need to take ahead of time to prepare for these this week?

**Prayer Application**

Spend time as a group or in accountability praying through these truths....

- a) REVERENCE: Declaring who the Lord is.
- b) SUBMISSION: Asking God to teach us how to find our rest in him.
- c) THANKSGIVING: Praise God for the gospel and the rest that we have in Him from it!
- c) DEPENDENCE: i) That you would find your trust rest in God ii) For an Uncommon Communion and Commitment to abiding in Christ.

*Memory Verse:*

*“So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.”-Hebrews 4:9-10*

