



The Rest of God
Hebrews 4:1-11
6/14/2009

BARE BONES OUTLINE

- I. Review: 2 clear conclusions from our look at the Jews in chapter 3
 - A. Persevering in faith to the end is essential for the Christian life
 - 1. The most sure evidence of faith is that they run the race to the end
 - 2. Heb. 3: 14
 - B. Persevering in faith to the end is a community project
 - 1. It is essential that we care enough about each other to share lives together
 - 2. Heb 3: 12-13
 - 3. Our attitude needs to be that we are our brother's keeper
 - 4. We have a stake in the spiritual affairs of others
 - 5. We are to be constantly looking for "spiritual stragglers"
 - 6. The significance of LifeGroups is tremendous

- II. The concept of "rest" is a spiritual one
 - A. The Hebrews writer quotes Ps. 95 (4:3)
 - 1. Salvation is described as a rest offered by God
 - 2. Consistent with Jesus' message: John 14:1-3
 - B. Our soul will be supplied and kept safe
 - C. We will be given rest from constantly trying to earn or deserve God's forgiveness
 - D. This is a significant point the writer writes to all believers – especially those who are starting to struggle with faith in God
 - E. The writer has the sense that the Jews are "looking over their spiritual shoulders" – back to their old religion

- III. With the Jews as examples, the writer gives key instructions on how to make sure we don't end up in the same place
 - A. Fear unbelief (4:1,2)
 - 1. A better selection of words than the NIV's "be careful" is "be very afraid"
 - 2. There will be no 2nd chance – remember Phil 2:13
 - 3. Don't be content with past faith but continue to demonstrate your faith every day
 - 4. The biggest thing that each of us should fear is unbelief
 - 5. Unbelief is what keeps us from entering God's rest
 - 6. The people had the good news, but hadn't combined it with faith (4:2)
 - 7. They didn't trust God: they doubted His power to do what He said He would do OR they doubted His motives.
 - B. Be diligent (4:11)
 - 1. This is the main point of this passage
 - 2. Make every effort to remain faithful – not only faithful in Jesus, but faithful to Him
 - 3. It's not about perfection in your life; it's about the direction of your life

4. Remaining faithful is evidenced by being obedient to Him
5. Faith that is not combined with obedience has no value
6. Obedience, especially during the tough times
 - Running short of money
 - A desire to be married – to the wrong person
 - A desire to not be married – when already married
 - When we think God has abandoned us
 - During good times - when God’s abundance of blessings become a distraction to our faith
 - When we blow it BIG time

OPEN IT

1. What situations or circumstances tend to make you feel restless or uneasy?
2. What are some of the ways you have heard (from friends, relatives, neighbors) that you are “made right with God” (entering His rest)?
3. What do you enjoy most about relaxing after a hard day of work or being super busy?

EXPLORE IT

4. What is the promise that this passage declares in 4:1?
5. How do we know that not everyone will experience God’s rest (salvation)? (4:1,2)
6. What must a person do to experience God’s rest? (4:3)
7. The writer uses the Jews as an example of not entering God’s rest, which came with a consequence. What was the consequence? (4:5)
8. What are some ways we can learn from the poor (negative) example shown by the Jews? (4:11)

GET IT

9. What is meant by “enter God’s rest”?
10. Enjoying God’s salvation should bring us peace. What are some elements of the peace of being in God’s rest?
 - a. What are some barriers that we encounter to the peace of God’s rest?
 - b. What is your biggest barrier or challenge to the peace of God’s rest?
11. When you read Eph. 2:8,9, how does this relate to striving for good works to enter God’s rest?
 - a. What is the tension between Eph. 2:8,9, and Pastor Steve’s point to “Be Diligent”?
12. What effect does God’s omniscience (He knows everything – especially about you – about your thoughts, actions, motives, feelings) have on your desire and efforts to live a holy life?

13. As you look at Heb. 10:23-25, what are two specific steps each of us should be taking to “Fear Unbelief” and to “Be Diligent”?
 - a. What is absent from Heb. 10:26,27?

APPLY IT

- 14 What one area of your life do you need to change to be more diligent?
- 15 What steps will you take to encourage the “spiritual stragglers” in your life?