

Better (Hebrews)

Sermon Questions | 12.14.14

Opener

Think about how your calendar looks this week. When you think of the word rest, describe what it will look like to find rest this week. And, is rest really going to happen this week for you or not?

OK, forget your real life and calendar for a moment: If you could do anything, go anywhere, bring anyone AND ban anyone, what would you do to take some time off from life as you know it to rest and recharge?

Read

Hebrews 4:1-11

Engaging with God in a Group

Let's read Hebrews 11:1 – 11 together. Note how many times rest is mentioned.

As we just read, the author of Hebrews links rest and faith together. The disobedience of the Israelites is a direct result from a lack of faith. And without faith, the Israelites did not experience rest in their lifetime. So, the point is clear: no faith = no rest. What **WOULD** rest have looked like for them?

The author does a fast-forward and mentions “Sabbath Rest” (Hebrews 4:9) which means a rest that is neverending. What would it mean for you to experience “neverending rest?”

As Christians we have faith through the cross and empty tomb that God will ultimately and eternally provide us rest after this life is over through our resurrection in Christ. Have you considered that this rest in Hebrews 4 is not only a promise for **AFTER** this life, but also **DURING** this life?

What does never ending Sabbath rest look like in this life, knowing full well that your calendar, job, responsibilities, and whatever else isn't going anywhere?

To quote Pete as he preached from Hebrews 4, Sabbath Rest is best described in this way: "Instead of taking things into my own hands, I'm going to leave them in His".

What does this look like?

- **Eternal Life:** have faith that the finished work of Jesus on the cross and the empty tomb is enough to free us from Sin and Death. That work is complete, and through Jesus we find eternal rest.
- **Our Current Lifetime:** We have faith that because the work of Christ is finished, we will rest in the fact that his work isn't dependent on our own efforts, ideas, or successes. His work is dependent on him alone, and he finished His work fully and completely. We can face life with faith that we're trusting him with it and not working to earn his affection and rewards.
- **This Week:** One more time, think of your calendar, your life, relationships, and everything else that doesn't feel like rest right now. If the work of Christ is finished through the cross and empty tomb, you can rest in him: your calendar, your life, relationships etc. aren't in your hands, they are in his hands. Whatever it is this week that makes the word rest seem unattainable, leave it in his hands. Rest in that!

Engaging with God Alone

Pray and practice throughout this week taking whatever makes the word rest seem unattainable, leaving that in his hands and resting in that. Pray to experience true rest from the Lord.

Closing thoughts and prayer

Now that reality has set in and we are not in any of those peaceful and restful places, let's pray together! Pray bold today; something like this: "Lord, if you've got something I need to learn today, I'm willing to listen. And even if I'm not willing to listen, help me learn anyway!"