



## Getting

### Some Rest

**November 27, 2011**

#### **Hebrews 4:1-13**

1 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 good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. 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 works have been finished since the creation of the world. 4 For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” 5 And again in the passage above he says, “They shall never enter my rest.” 6 Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, 7 God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted:

“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 their works, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. 13 Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

## Discussion Questions

Where is the most restful place in the world for you?  
Why isn’t anyplace as restful?

Why did the generation in the wilderness miss out on finding God’s rest?

Can the same thing happen to us?

What is the ‘Sabbath rest for the people of God’?

Thinking back to the Genesis story, how do we rest from our works as God did?

What kind of effort do we need to make to ensure we enter that rest?

What is the ‘word of God’?

How does this description make you think about the word?

Why do you think this passage is here when the author is talking about entering God’s rest?

What do verses 12-13 mean for how we live our faith?

How does this work with the talk of God’s rest?