

God's Rest, Our Rest > Hebrews 4:1-13

4:1-5 *A rest to be entered.* The author of Hebrews continues with his application of **Psalms 95** to our lives: there is a rest for the people of God if we respond to our Lord in faith. Note the warning: simply knowing about God or His ways is not enough, we must actively trust and believe Him.

4:6-10 *A rest that is available.* The rest that God promises is still available. Though a prior generation failed to reach it, that doesn't mean that the rest is void or no longer in force. Rather, it remains for God's people today.

4:11-13 *A rest for you?* The challenge of these truths is made clear: nobody can fool God. His Word is powerful and it strikes deeply, where nothing can be hidden.

Background: God's sabbath rest is a picture that has been seen throughout the Bible, from **Genesis 2** onward. Starting in **Hebrews 3**, we learned that this rest remains and that God's people can enter into it if they have genuine faith.

The Point: Do you have faith in the Lord? Do you not just know about God or His Son, but actually trust Him?

Head: We need to know and understand that there is an eternal rest promised for God's people, a reward that we shall someday enter into if we are faithful.

Heart: Do you believe what you know? Is your knowledge changing how you think, act, and speak?

Hands: How will you strive toward the Lord's rest this week?

Here is how I will apply these truths: _____
