

January 23, 2019
Rest as Resolution: Introduction to God's Rest
Skyler Womack

Introducing the Series:

- Rest as Resolution: An Introduction into God's Rest.
- Rest as Rhythms: The Answer to Burn Out.
- Rest as Restoration: God's Grand Narrative.

Hebrews 4:1-11

4 God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. **2** For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. **3** For only we who believe can enter his rest. As for the others, God said,

“In my anger I took an oath: **‘They will never enter my place of rest,’**” even though this rest has been ready since he made the world. **4** We know it is ready because of the place in the Scriptures where it mentions the seventh day: “On the seventh day God rested from all his work.” **5** But in the other passage God said, “They will never enter my place of rest.”

6 So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. **7** So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted:

“Today when you hear his voice, **don't harden your hearts.**”

8 Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. **9** So there is a special rest[f] still waiting for the people of God. **10** For all who have entered into God's rest have rested from their labors, just as God did after creating the world. **11** So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

Question of the Day - **Are we failing to experience _____ in our life?**

- Yoke is easy & light (Matt. 11:30)
 - What Jesus Yoke is NOT

 - What Jesus Yoke IS
 - **Jesus' Yoke for my life looks like - the _____.**

- BUT the Father's Will always has His _____ and His _____.

1. We do not experience God's rest, when we are _____ the same lies the Israelites believed.

- 3 Lies the Israelites believed:
 - That God wasn't true to _____. - Promise Land
 - That God was not bigger than their _____ - Giants
 - That their _____ & _____ would get more than faith & trust - Sabbath & Wandering for 40 years.

2. We receive God's rest through _____ & _____ which lead to Soft Hearts.

- Faith - Obedience - Hearts.
 - Faith = _____
 - True Obedience = Takes _____
 - Soft Hearts vs Hard Hearts
 - Side Challenge

Review Point 1-2

3. The Special Rest God has set aside for me for this day is... _____.

- Defining Rest.
- The Era's of God Giving Himself to us
- _____ = Rest

Next week - Rest as Rhythms

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