
God Revealed

Part 4 - The Hard Work of Rest

Hebrews 3:7-4:11

What does rest look like for you?

God's desire has always been for you to enter His rest – a relationship with Him, where life done His way, the creator's way, brings real life, an abundant life. A promise of a life of rest.

Warning

Hebrews 3:7-11

Don't have an unbelieving hard heart – if you do, you won't enter the rest that is on offer.

For those who wandered in the desert the signs of unbelief led to distinct behavioural patterns:

- + Contempt
- + Negativism
- + Grumbling
- + Quarrelling

Heart Disease

Hebrews 3:12-13

Don't turn away from the living God!

Two ways to prevent spiritual heart disease:

1. **Continual check-ups.** Look intently, examine closely – the state of your heart.

Not just a personal responsibility for our own heart health, but we have a responsibility for the health of the whole body of Christ.

2. **We can prevent heart disease by constant encouragement.**

Put courage in one another to be about what God calls us to be about – an empowered people, demonstrating and declaring Christ's kingdom.

Enter Into Rest

There is no rest for the soul apart from Christ!

The initial rest we find in Jesus will not automatically lead to a lifestyle of rest in tough life circumstances.

Rest isn't found in acknowledging Jesus, it's found when we trust in Jesus!

God's rest is still on offer – Hebrews 4:3

The rest on offer is the very rest that God Himself enjoys, His divine, personal rest.

This is a working rest – Hebrews 4:4. God rests, and in His rest, He keeps working, even now.

You can have God's rest now, regardless of the surrounding circumstances – but you must trust if you are to have it.

The trust required is in the person of Jesus - Hebrews 4:7-8

- + The Old Testament "Jesus" (Joshua - son of Nun) had led his followers to the promised land of Canaan. But that was not the real rest but only a type.
- + Now there is another Jesus, the Son of God, who can. He is the pioneer and captain of salvation - the ultimate Joshua!

Hard Work of Rest

Hebrews 4:11

Make every effort, strive for rest - by continuing to trust in Jesus.

Belief, obedience and trust in Jesus become the work of rest.

The invitation and promise of Jesus:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-29 (MSG)

Discussion Questions

1. What does rest look like for you?
2. Read Deuteronomy 1:19-36 and Psalm 95:7-11. In what areas of your own life has an unbelieving heart lead you away from God's intended purposes and promises?

3. The antidote to a hard heart is found in Hebrews 3:12-13. In what ways can you, in relationship with others, both check one another's hearts and also encourage one another? What could you do this week to do this practically?

4. To encourage means to put courage into. Who is someone that you need to help put courage into so that they might be faithfully stepping into God's promises and what will you do to encourage them?

5. If the hard work of rest is to believe, trust and be obedient to Jesus – in what areas do you need to either believe, trust or be obedient?

6. Respond to Jesus' invitation as you read together the message version of Matthew 11:28-29.