

## **Sabbath Rest**

Hebrews 4:1-13

### **Discover**

Sabbath is a culture of restful living. We abide in Jesus through worship and prayer every day and night. Rest means to cease intentionally from labor to relax, refresh in the Lord's presence, and receive his vision for each day.

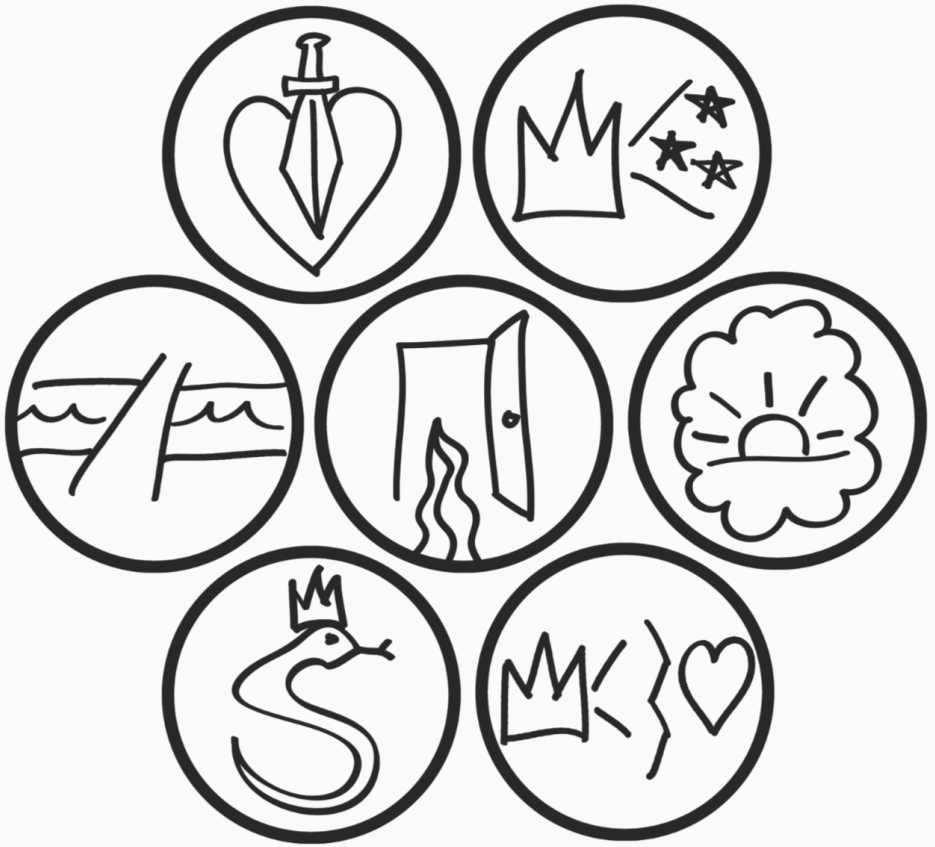
Our Father created us for relationship. Every day, he visited Adam and Eve in the garden during the cool of the evening to talk. The first sign that evil entered the heart of man was Adam and Eve hiding from God in shame. (Genesis 3:8-11)

God is the Creator of the Ends of the Earth. He is eternal, and he made everything. No one can comprehend his majesty, measure his power, or understand his wisdom. He gives us his strength as we grow weary. (Isaiah 40:28-29)

King David calls God our Rock, Salvation, Fortress, and Refuge. We build enduring faith on the rock foundation of Jesus' righteousness; by his stripes, we are healed. We are safe and secure in the arms of our Father. (Psalms 62:5-8)

We place our trust in God alone and depend completely upon his faithful care. He never sleeps, and he watches over us as we rest. He is a Protective Shade covering us during spiritual attacks, and he is always with us wherever we are. God is our Loyal Companion. (Psalms 121)

This lesson teaches us the wisdom of embracing God's rest. We easily lose track of the most important values of life. God's rest is a set apart sanctuary for us to visit and remember our identity and purpose. God's rest is the tree of life where the living water of Jesus flows and the fire of the Holy Spirit blazes brightly. Rest is our refuge: the treasure of heaven and storehouse of eternal life. (Proverbs 3:13-26)



# SABBATH REST



HEBREWS 4:1-13

## **Draw**

Restful Refuge: open door & river - Our Father has created a special refuge where his children may enter in and receive rest. God rests, and he delights in us when we share in his rest. This rest is crucial to our health. (4:1,9-10)

Creation Pattern: crown & stars - God made the universe, declared everything good, and set apart one day for rest. God designed this ancient pathway to enter his presence by faith and reorient our lives to his leadership. (4:2-4)

Hidden Blessing: cloud & sunrise - Many before us have rejected God's rest. His rest is always available; however, we have demonstrated a habit of refusing God's gift. We disobey our Master when we forsake his rest. (4:5-6)

Hard Hearts: crown, barrier, & heart - Each day, our Father speaks his invitation to our hearts to rest, but we tend to harden our hearts against his voice. This rest is available every moment through the Holy Spirit's presence. (4:6-7)

Dragon's Curse: serpent & crown - The dragon is a wicked angel who led a rebellion against heaven. God cast him into hell: an eternal place of suffering and punishment. The dragon can never rest, and those who choose not to enter God's rest reveal that they are under his curse. (4:5,8,11)

Special Sanctuary: bridge over water - We begin from a place of labor and exhaustion. The Holy Spirit helps us to see this sanctuary where we can rest. As we join our Father in resting from work, we experience his peace. (4:9-10)

Living Word: sword & heart - Jesus is the Word of God. He is a surgical sword that penetrates our souls and exposes our bondage to the idols of this world. He is our Loving Judge, shining his divine light so that we will embrace truth. We discover true rest when we remain in Jesus. (4:12-13)

## **Discuss**

Read Hebrews 4:9-13. What is so special about the rest of God? Why do we have to enter into his rest? What happens to us if we do not rest? What is the difference between leisure and the rest of God? What role does his Word fulfill?

Read Psalms 1:1-3. How do the riverbank trees illustrate disciples resting in God? Why is daily time in God's Word so essential to strengthening our faith? What is the relationship between drinking from Jesus' living water and bearing fruit?

Read Mark 1:32-39. Jesus often behaved certain ways that perplexed his disciples. Why did Jesus wake up early and go somewhere alone to pray? How does Jesus demonstrate rest? How do we witness Jesus choosing God's will over the expectations of people around him?

Read Matthew 11:25-30. How does Jesus describe the mystery of God? Why must we approach God every day in faith with no expectations? What does Jesus teach about God's rest? What must we do to receive Jesus' comfort?

## **Disciple**

Let's get practical. We all have different jobs, personalities, passions, and family roles. Our starting place is busyness and long lists of important tasks. What have you learned about rest? How is resting in Jesus the answer to being fruitful as his disciple? Take a look at your weekly calendar; when can you schedule more intentional rest in our Father?

## **Dedicate**

Father, we praise you for this glorious rest you have created for us to enjoy. We are tired and weary; we need your help to rest in a busy and distracted world. Please guide us into your rest, in Jesus' name and for his glory we pray, amen.