



ENTER MY REST
HEBREWS 4:1-13



+ Enter My Rest Training +
Hebrews 4:1-13

Restful Refuge (open door & river) >> Yahweh has designed a spiritual refuge where his children may enter and receive rest. (Hebrews 4:1) >> The Holy Spirit is a river of spiritual blessing flowing from heaven to fill the earth with abundant life. (Ezekiel 47:8-9)

Creator's Pattern (crown & stars) >> The Creator of Heaven of Earth fashioned the universe and our planet in six days, declared everything good, and then set apart the seventh day for refreshing rest. (Hebrews 4:3-4) >> Jesus modeled this pattern: waking up early in the morning to rest in God and discern his sovereign will. (Mark 1:35-39)

Sanctified Sabbath (cloud & sunrise) >> Even though many before us have rejected God's sabbath rest, the door is still open for each of us to obey his call. (Hebrews 4:5-6) >> Jesus' last words cried out from Calvary's cross were, "It is finished." His saving work is perfect for everyone who believes. He rescued us, so we may rest. (John 19:28-30)

Hard Hearts (crown, barrier, & heart) >> The devastating reality before us is that we can see and experience God, hear the gospel, receive an invitation to obey, and yet still reject God's free offer to rest in Christ. (Hebrews 4:7-8) >> Job's heart became hard towards God because of his suffering. After hearing God's perspective on the universe and the ages, he repented of his hard heart, and entered into God's rest. (Job 42:1-6)

Identify Idolatry (crowned serpent) >> The rest of God is rest from our works and striving to please him. Rest is both an earthly discipline and a spiritual place of healing. (Hebrews 4:9-10) >> Many will bring their good works before Jesus on Judgment Day, but because they did not rest in him, he will send them to hell. (Matthew 7:21-23)

Enjoy Rest (bridge over water) >> We begin from a place of sin, like fear, lust, or pride. We cross his grace bridge over troubled waters into sabbath rest. (Hebrews 4:11) >> God is our Shepherd. He makes us lie down to rest, he leads us beside his gentle, living waters so that our souls will be refreshed and restored in his Spirit. (Psalm 23:1-3)

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. (Hebrews 4:12-13) >> The sign of a mature leader is an abiding passion for God's Word. (Psalm 119:9-16)

Activity > Drink coffee or tea together, discuss this story, and practice drawing the sketches. Remember to encourage each other and pray. What's the Holy Spirit saying?