

**INTRO**

- What's something that helps you rest or find relief when you feel stressed?

**READ**

Hebrews 3:7-13; 4:1-2, 9-11

**REFLECT & RESPOND**

Hebrews is a sermon that shows us that Jesus is superior to anything we might trust in. Today, we'll see how He offers a true rest for our souls..

**1. The Problem of Restlessness**

Augustine said, "You have made us for Yourself, O Lord, and our hearts are restless until they rest in You."

*Q: Where have you tried to find rest that's left you feeling more restless?*

**2. The Tragedy of Unbelief**

Read Heb 4:2 again. Like Israel, unbelief keeps us from entering God's promised rest when we hesitate to trust and obey Him.

*Q: Have you ever hesitated to obey God, even when you believed He was leading you? What held you back?*

**3. The Promise of Rest**

God offers rest, a Sabbath-rest that frees us from self-reliance and restores our relationship with Him.

*Q: How does this kind of rest differ from ordinary rest?*

**4. The Invitation of Christ**

In Mt 11:28, Jesus' invitation to rest is for us to come closer to him.

*Q: Practically, what does it mean to 'come to Jesus' for you? In what ways could you grow in this?*

**5. The Call to Faithfulness**

We are to "make every effort" to enter God's rest (4:11). This is a call to be faithfulness. Faithfulness includes Christ-centred focus, active obedience, a tender heart, urgency of today, and shared perseverance.

*Q: Which area of faithfulness do you find easiest or hardest, and which area do you need to focus on right now?*

Through Jesus, we are invited to live *from* rest, not chase *after* it.

*Q: How can this understanding of rest change the way you approach your work, relationships, and spiritual life?*

**PRAY**

- **Surrender Restlessness:** Ask God to reveal areas where you've been trying to find rest apart from Him.
- **Trust and Obedience:** Pray for courage to step out in faith and obey God's leading, even when it feels risky.
- **Experience God's Rest:** Invite the Holy Spirit to help you live from His rest, not chase after temporary fixes.
- **Faithfulness in Community:** Pray for encouragement and perseverance as you walk with others in faith.