**Hebrews**

**Jesus: A Greater Rest- Week #4**

**Small Group Notes**

**May 6 and 9, 2021**

**Introduction:**

**Complete the following sentence: “I wish I had more time to...”**

**What have you seen as the causes of unrest in homes and families today?**

**Do you feel that you have trouble resting? In what ways do you feel like your life looks like “one who spins around”?**

As we walk with God, part of that walking involves resting. But we can only truly enter into that state of Sabbath rest through faith, trusting in God’s finished work on our behalf. When we do, we will remember that because of Jesus, there is nothing else we have to do.

**Discuss:**

1. The source of greater rest is Christ!

* Read Hebrews 4:1-13.
* Read Matthew 11:28. We can define rest as living with supreme confidence in the supremacy of Christ.
* Read Isaiah 57:20-21. Rest is both a calming of the storms of the soul and the ability to claim our inheritance as children of God.
* In the Word we find the solutions to life that God has laid out from the beginning of the world.

Explain: The chapter begins with the word “Therefore” which is the idea is carried on without pause from Hebrews 3, that *unbelief* kept the generation that escaped Egypt from entering Canaan (Numbers 14). The **promise remains of entering His rest**, and we can enter into that **rest** by faith. *Unbelief* will make us fall short of the **rest** God has for us.

Ask:

**What does the failure of the people to enter into the Promised Land of God have to do with our inability to rest today?**

**Why is the call to rest an invitation from the Lord and not automatically provided? What is the relationship of trust and rest?**

2. Greater rest is absolutely necessary for spiritual perseverance!

* - Read Hebrews 3:14
* - Learning to rest in Jesus supplies the strength to thrive.
* - Failure to rest reveals an inflated view of me and a deflated view of God.
* - True rest is not merely inactivity but a posture that positions us for powerful God activity.

Explain: The perseverance mentioned here is foundational to the believer. One pastor says, “The confidence, which is based upon the true foundation, even Christ Jesus, is simple and clear as one's own consciousness. It asks no proof because it admits no doubt.” Since it is based upon Jesus and His finished work on the cross, we learn how to endure no matter the cost.

Ask:

**What is an experience you are going through now or have been through that required you to have confidence in God’s plan over yours? Was there a moment when you stopped trying and simply trusted God?**

**What do you think it means for us to have a posture of rest?**

3. Greater rest comes when we quit working for our salvation.

* Read Hebrews 4:9-11; Hebrews 1:3; Ephesians 2:6

Explain: These verses in Hebrews provide a conclusion; God’s people enjoyed a rest patterned after God’s own rest on the seventh day. Sabbath-rest is a new word, appearing only here in the New Testament. The author of Hebrews may have coined the word to express the special significance which he wanted to communicate. God’s people will share in God’s own rest. Those who enjoy this rest will be believers, those who have approached God through Jesus Christ.

Ask:

**What might an inability to rest because you overcommit yourself to activities show you about where you find your true significance?**

**How might an inability to rest influence the way you interact with other people?**

4. Unbelief always destroys true rest!

* Read Hebrews 3:16-17, 19
* We are walking in unbelief when:
  + We decide God’s way won’t work
  + We think God’s way is illogical
  + We fear missing out
  + We suffer from spiritual amnesia
* Unbelief starts with a struggle with sin, moves to defending our sin and ends up setting up camp in our lives!

Explain: In a New Testament context, our belief centers on the superiority of Jesus Christ, the truth of who He is (fully God and fully man) and His atoning work for us as a faithful High Priest (as in Hebrews 2:17). When we trust in these things, making them the food of our souls, we enter into God’s rest.

Ask:

**What does it mean for us to have a belief in rest? What does this look like in our lives?**

**What are the implications of walking in unbelief? How have you seen some of these things in people beforehand?**

5. Living from victory equals greater rest!

* Read Hebrews 4:4
* God at rest means He isn’t reacting but ruling.
* Rest comes when we realize there is already a God-given solution to the current situation.
* In every crisis or fight we learn to move to a posture of rest.

Explain: God has a rest for us just as Jesus affirmed that there is a place that He is preparing for those that believe in Him (John 14:1-6). The rest for us though we have to remember is not as much of a place as it is a person and a relationship. Therefore, my life can reflect rest the more that I trust in God’s direction and follow His example of rest in His work.

Ask:

**Is there anything you are saying “yes” to right now out of a lack of faith or an effort to prove your value and worth? What is it?**

**How are you going to remind yourself of the kind of rest offered to you only in Christ?**