



SERMON NOTES

KEEP MOVING FORWARD

Entering His Rest

The Warning

"So as the Holy Spirit says: 'Today if you hear his voice, do not harden your hearts as you did in the rebellion, during the time of testing in the wilderness...' (Hebrews 3:7-8)

"See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sin's deceitfulness." (Hebrews 3:12-13)

The Offer

"Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed." (Hebrews 4:1-2)

Understanding this rest:

- Creation
- Israel
- Today
- New Heavens/Earth

Entering his rest:

- Faith in Jesus
- Rhythms of rest
- The work of his word

DEVOTIONAL GUIDE

Sermon Overview

Weariness. Sluggishness. Apathy. We have all experienced these feelings at some point—they drain our excitement and energy for living well. So, what do you do when you find yourself in a season of exhaustion and fatigue?

The book of Hebrews is written to a group of Christians who had found themselves in that type of season. In the midst of opposition and life's complications, they were in danger of losing interest in following Christ. So, this book reminds them of the resources they have in Christ and the nature of the journey they are on. All along the way, the author's challenge to them and to us is simply this—keep moving forward!

Praying Scripture

The prayer focus this week is Hebrews 3:13.

"But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sin's deceitfulness."

Below is an example of how to pray the passage:

Father, You created us to live in relationship and I pray that I would be someone who looks for opportunities to encourage and build up others. Help me to develop honest and open relationships with others so that we can have conversations about our faith that helps us grow and mature. And help me to be open to the input of others when I am tempted to sin or be disobedient. In the strong name of Jesus I pray, Amen.

DEVOTIONAL GUIDE

JANUARY 28

The warning to guard against a hard heart is just as true for us in the 21st century as it was for the believers in the 1st century. Read this section prayerfully and carefully. Be open to receive the guidance of the Spirit in your own life as you apply the principles from these verses.

With all of the snow and cold weather recently, have you found yourself dreaming of a week on the beach? Are you already planning your next vacation? As the author of Hebrews invites us to keep moving forward, he invites us to enter God's rest. Building on themes from the Old Testament, he describes a rest that is qualitatively different from any visit to your favorite resort. So what does this rest involve and how to we experience it? Join us this Sunday as we explore what it means to enter his rest.



DAY ONE

Breathe, listen, pray and ask the Spirit to guide your time.

Read: Hebrews 3:7-4:13.

1. What two overarching principles are presented in these verses?
2. How many times is the word, “today” used in this passage? What do you think the author wanted to emphasize by using the word so frequently?
3. Why was God angry with the Israelites in the wilderness? How are their actions described? What was at the core of their disobedience? (3:10)

Reflect: The author presented a challenge to the believers in 3:7. If you hear his voice (the Holy Spirit) do not harden your hearts. What does it mean to you to hear the voice of the Spirit?

DAY TWO

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 3:7-4:13.

1. The author returns again to the language of family. According to 3:12-13, how are believers supposed to interact with each other, especially in the face of challenges to faith?
2. What is the connection between sin and unbelief? (3:12-13) How does 3:16-19 provide a concrete example of this connection?
3. What was the consequence of the Israelites unbelief? (3:16-19) What is meant by rest in these verses?

Reflect: These verses remind us that we need to put our confidence in God and God only. When are you most tempted to put your confidence in yourself or other things, instead of in God?

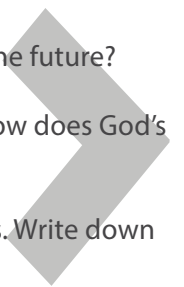
DAY THREE

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 3:7-4:13.

1. The Israelites failed to enter the promised land because they disbelieved, tested, and disobeyed God. What are the implications for us? (4:1, 11) How and why does 4:1 exhort us to feel a certain measure of fear?
2. How is the idea of Sabbath rest embedded in creation? How is the concept of rest embedded in the future?
3. Hebrews 4:12 is a familiar verse. How does understanding it in its context deepen its meaning? How does God’s rest and his word go together? What are the five ways the author describes the word of God?

Respond and Apply: Our study this week covered a number of different principles and biblical truths. Write down three that were most impactful. Choose one and look for ways to apply it to your daily life.



This week's study reminded us that we should be serious about obeying scripture so that we can grow in Christ. Listen prayerfully to this song, "[Make Room](#)," and create space for the Spirit to work in your life.

SMALL GROUP QUESTIONS

1. What did Israel fail to do? What was the consequence of their disobedience?
2. The Israelites hardened their hearts toward God. How would you define what it means to harden your heart? What causes us to harden our hearts today?
3. How would you define the word "rest?" What do you think it means to enter God's rest?
4. Look at the chart below and circle the areas that describe you. Are you more prone to restfulness or restlessness?

Restfulness	Restlessness
Margin	Busyness
Slowness	Hurry
Quiet	Noise
Deep Relationships	Isolation
Time Alone	Crowds
Delight	Distraction
Enjoyment	Envy
Clarity	Confusion
Gratitude	Greed
Contentment	Discontentment
Trust	Worry
Love	Anger/Angst
Joy	Melancholy/Sadness
Peace	Anxiety
Working from Love	Working for Love
Work as Contribution	Work as Accumulation/Accomplishment

5. Discuss what it looks like to enter into God's rest as we wait for our eternal rest.