Chasing Rest

Hebrews 4:1-13

How many of our sleepless hours might be traced to our untrusting and disordered minds. They slumber sweetly whom faith rocks to sleep. No pillow so soft as a promise; no coverlet so warm as an assured interest in Christ.

-Charles Spurgeon

I. The Promise of Rest

II. The Provision of Rest

III. The Pretense of Rest

Into the Bible

1. As one of the Ten, God commanded the Jews to observe the Sabbath and keep it holy (Exodus 20:8-11). The Pharisees were scrupulous about keeping this commandment, but what does Jesus remind them about God's purpose for the commandment? (Mark 2:27, Luke 6:6-11)

2. 1 Samuel 6:7 tells us that God looks at the heart of man rather than the exterior. Jesus is fiercely critical of the Pharisees for their inward failures despite the outward appearance of piety. In these verses from Matthew 23, what does Jesus condemn them for? (Matthew 23:4, 5-7, 13, 23-24, and 25-26)

Application

3. God promised the Israelites rest once they entered and took possession of the land He promised them. They had to wait 40 years to get that however. Why is it that we sometimes miss out on the blessings that God promises to us? (Numbers 13:30-32, Deuteronomy 28:2-3, James 1:6-7, James 4:3)

For Families

4. Talk with your children about why keeping Sunday as a day of rest (our Sabbath) is so important.