

Rest for Today

June 2, 2024 | Pastor Mike Foster |

Hebrews 4:1-13 | Anchored: The Book of Hebrews

You can enjoy the secure and satisfying rest of God through faith

- The rest is divine

- The rest is available

- The rest must be entered by faith
 - In response to God's word

 - With active trust in the Lord

Lay down your burdens, look to Jesus, and rest well today!

GROUP DISCUSSION QUESTIONS

1. What stood out to you most from the message?
2. Where is a physical place you visit to find rest? What is special about that place to you?
3. Read Hebrews 4:4 and also verses 9-10. What do you observe about the rest of God? What are some specific ways we can "rest from our works" like God did?
4. In what ways is it challenging to find rest today? How does our world make it difficult to rest in dependency of the Lord?
5. Read Psalm 92:1-5, a Psalm written to be sung on the Sabbath day. How does meditating on the work of God's hands help our souls to rest?
6. Read Matthew 11:28-30. In what ways have you found rest in Jesus? What has it looked like for you to come to him to find rest?
7. Read John 15:1-5. What difference does it make in our lives when we live and function out of a real dependence for Jesus? Who is someone you have seen do this well?
8. What is one specific burden you need to stop carrying? What might it look like for you to give that burden to Jesus?
9. Read Hebrews 4:11. What are some ways we can "make every effort" to enter the rest of God? What might this look like practically? What in our lives would need to change in order to experience more of God's rest?
10. Do you know for sure that you have eternal rest in heaven through faith in Christ? Take some time and give thanks to God for our salvation in Christ – our future rest and the present rest we experience by faith.

FOR FURTHER ACTION/REFLECTION

Memorize Hebrews 4:12

Read Matthew 11:28-30, Psalm 92, Psalm 95

Read "The Struggle to Rest" – <https://bit.ly/struggletorest>

Read "The blessed rest of God" – <https://bit.ly/blessedrest>

Listen to "Abide" – <https://bit.ly/abidesong>

Listen to "Come to Me" – <https://bit.ly/cometomesong>

Listen to "Rest" – <https://bit.ly/listentorest>

Listen to "Come Find Rest" – <https://bit.ly/comefindrest>

Read *The Rest of God* by Mark Buchanan

