

Response and Reflection:

Principle 1: Rest requires personal discipline.

Principle 2: Rest involves humble trust.

Principle 3: Rest includes elements of beauty and joy.

Principle 4: Rest is satisfied in completed work.

Principle 5: Rest is fully experienced with God.

Principle 6: Rest reminds us of redemption.

Principle 7: Rest is a declaration of freedom.

Principle 8: Rest distinguishes us from the world.

Principle 9: Rest allows for reflection on eternal matters.

Principle 10: Rest calms us when easily _____.

Principle 11: Rest enables us to be _____ and secure.

Principle 12: Rest is _____ when we cling to sin.



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Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. For we who have believed enter that rest, just as He has said, “As I swore in My wrath, they shall not enter My rest,” although His works were finished from the foundation of the world. For He has said somewhere concerning the seventh day: “And God rested on the seventh day from all His works”; and again in this passage, “They shall not enter My rest.” Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, “Today,” saying through David after so long a time just as has been said before, “Today if you hear His voice, do not harden your hearts.” For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

-Hebrews 4:1-11

**Key Truth: Our _____ rest flows from God's
_____ rest.**

What does this text teach us about God's rest?

- We should be _____ of not entering God's rest (v.1).
- We enter God's rest by believing the _____ news preached to us (v.2-7).

By _____ the good news, we enter His rest (Hebrews 4:3); by _____ Christ's teachings, His rest remains with us (Hebrews 4:10-11).