

STUDY NOTES

HEBREWS: A PAST, PRESENT, AND FUTURE FAITH

A Series At New City Church

www.newcityphx.com/sermons

The following content is based on the message "Resting in the Completed Work of God" on 2/16/20 at New City Church in Phoenix, AZ. The following is not meant to be a full synopsis but rather a brief look at the main ideas. To use this study guide effectively, you must listen to the message found at <http://newcityphx.com/sermons/>.

Leaders using these notes for group study and reflection should read the biblical text thoroughly before beginning, using this resource as assistance and not relying solely on this material for insight. We encourage all leaders to pray and ask the Spirit for revelation as they lead their respective community groups.

PRAYER

Pray and ask God to lead the discussion as everyone gets to share.

SCRIPTURE: HEBREWS 4:1-11

ENTERING GOD'S REST

Ultimately, this passage is about entering the rest of God. Israel was given a promised land as a rest from the oppression that they had faced. In order to enter that rest, they had to trust God's promise to them. Since the very beginning, God has wanted His people to find rest in Him. He is referring to a rest that is primarily about finding satisfaction in Him.

Sabbath rest has never really been about physical rest but rather resting in the completed work of God.

- *What activities does society view as restful? How fulfilled do you feel after engaging in them?*

HOW ARE WE DOING WITH REST?

The spiritual principle of the Sabbath is that we humans must rest in Jesus before we work. We must work from our rest in Jesus. To find spiritual rest in the completed work of God, we have to slow down physically. However, if we look at culture, statistics tell us that we are hardly ever slowing down.

- *What does your schedule look like? How much space do you give yourself to rest from all types of work?*
- *How is your physical rest linked with spiritual rest? How much do you feel like you are resting in the completed work of God?*

HOW WE ENTER THE REST

Based on the passage, Israel didn't enter God's rest because they did not obey Him. There were only two (Joshua and Caleb) who ultimately got to enter the promised land, and they were able to do so because they obeyed what God said. They trusted God's promise to them. This is what the writer of Hebrews means when he says that they entered into the rest "by faith." Resting in the finished work of our Lord is the basis of all spiritual life and work. Only those who rest in God's promises and cease from their own efforts can receive God's righteousness, peace, and joy.

Godly obedience is shown by acting on belief in the truth about who God is and who God says I am in Him.

- *How would you describe the principle that true faith requires action?*
- *In order to rest in Jesus, why would it make sense for us to do what He tells us to do?*

STRIVING TO ENTER THE REST

In verse 11, the writer of Hebrews says that we must "strive to enter that rest." This seems counterintuitive. It seems like we have to work in order to enter the rest. While we enter by faith, not by works, exercising our faith takes discipline. Just as the Israelites had to fight the inhabitants of Canaan to enter into their promised kingdom, so we must enter into God's kingdom through the fight of faith.

True rest only comes through resting in who you are in Jesus.

- *In what areas of your life are you not believing that Jesus is best for you? In other words, in what areas of your life are you not obeying Jesus?*
- *Pray with each other to rest in Jesus' completed work.*