Draw Near: The Gospel According to Hebrews

Jesus: The Better Rest

HEBREWS 4:1-13

SETTING THE SCENE

From the beginning, God built rest into the rhythm of creation. But we struggle to enter it. We keep going, keep trying, keep proving. Our hearts are busy—even when our bodies stop. The author of Hebrews speaks right into that restlessness. He shows us that rest isn't just a day or a feeling—it's a person. Jesus has purchased true rest for us and, in Himself, has become our rest.

SCRIPTURE

1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have believed enter that rest, 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. 4 For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." 5 And again in this passage he said,

"They shall not enter my rest."

6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted,

"Today, if you hear his voice,

do not harden your hearts."



CORE TRUTH

We spend so much of life striving trying to prove ourselves, to feel safe, to be enough. But in Jesus, rest comes first—not something we earn, but something He gives. Jesus is the only true rest for our souls.

8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

DISCIPLESHIP GROUP GUIDELINES

- Safe Group: We strive for an environment where everyone can be open, and honest about his or her struggles and victories.
- Confidentiality: What is said in the group stays in the group.
- Listen: We want to value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- Pause: Allowing a pause in the conversation after one person shares and before the next person shares gives the person sharing a chance to finish. A pause also gives the group an opportunity to consider before responding.
- Silence: It is important to allow silence in the group as it provides an opportunity for people to think deeply, to gather their thoughts in order to share, and to genuinely consider what others have shared.
- One Conversation at a Time: Be considerate of others as they are sharing. No side conversations.
- No Fixing: We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- No Rescuing: When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- Be Curious: By asking the next question, we communicate genuine interest. We keep the conversation moving forward while building relationships and intimacy.
- Be Self-Aware: Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- Use "I" Statements: It is very easy to talk about other people's issues, but, for our purposes, we want to put ourselves on the table. Use "I" statements rather than "them", "the church", "people", "you", "us", "we", etc.
- Resolve Conflict Biblically: As a group we commit to extend grace to one another. Conflict is not bad, it's an opportunity for growth. We are all being transformed to be more like Jesus. Conflict and change are a part of that journey. (Matthew 18)
- Manage Technology: Let's respect one another by silencing alerts on our devices.

Scan the QR code if you need childcare reimbursement.