

Hebrews - Jesus the Final Word: True Rest

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Hebrews 3:1-4:13

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Reflection & Discussion

We all have ‘our thing’...something we feel we need to be or have

Scripture tells us all of those things are our fig leaves.

*Can you identify what your ‘thing’ might be?

*How do these fig leaves try to meet your need to cover shame or solve your problem of identity?

In this Hebrews passage the author talks about Rest of soul and uses stories woven together

Read and discuss Hebrews 3:3; 7-11 (NIV)

³ Jesus has been found worthy of greater honor than Moses, just as the builder of a house has greater honor than the house itself...

⁷ So, as the Holy Spirit says:

“Today, if you hear his voice,

⁸ do not harden your hearts

as you did in the rebellion,

during the time of testing in the wilderness,

⁹ where your ancestors tested and tried me,

though for forty years they saw what I did.

¹⁰ That is why I was angry with that generation;

I said, ‘Their hearts are always going astray,

and they have not known my ways.’

¹¹ So I declared on oath in my anger,

‘They shall never enter my rest.’ ”...

*What do you see in these first two passages about Rest and how the author is teaching about it?

*Is there a callous or hardness of heart that is robbing your freedom and rest?

*How has willfulness or pride robbed you of the rest of God meant for us?

The ultimate rest is believing the Gospel of Jesus

Read and discuss Hebrews 4:1-3; 9-11 (NIV)

⁴ Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest...

⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God’s rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

*What do you see in these verses about finding ultimate rest?

*If faith in Jesus means resting from all the hustling work we do to prove ourselves – what does that mean for you?

*Have you experienced faith AS rest in your life?

In order to taste the real Rest Jesus provides:

First, we have to believe that Jesus and his grace is sufficient;

Second, we have to let the Holy Spirit expose the truth about our hustle

*How do the audience of Hebrews – and us- face obstacles to this in the world views of relativism and fundamentalism?

*What has helped you trust your significance to Jesus? How do you allow the Holy Spirit to expose truth?

God cuts through our defenses to reveal everything that is true about our heart

Read and discuss Hebrews 4:12-13 (NIV)

¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

*According to this passage – what part does honesty play in our ability to find true Rest?

*Are you believing in the grace of Jesus or are you believing in your performance?

*What is Jesus (the Final Word of God) trying to reveal to you about your hustle? Is there some way(s) you are trying to justify your existence?

*What is the Spirit saying to you about living in light of this chapter of Hebrews?

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