

Life Application Notes

Jesus > #4 - Sunday 15th (West End) / 22nd (Central) October 2017

Speaker: Matthew Gwyn

Scripture: Hebrews 4:1-13

Sermon: Jesus is the Greater Rest

Introduction

This Sunday was the fourth message of the current season's series in the letter of Hebrews. Last week, Chris ended by challenging us to be people who encourage one another. **Ask everyone in the group to share about one person who they have encouraged this week, and what the fruit from that encounter was.**

Now read Hebrews 4:1-13 together.

Entering Rest - A Warning and An Instruction

As we begin to think again about the rest which the writer to the Hebrews presents to their audience, the first thing we encounter is a warning.

What did the author warn the early generation of Jewish Christians to do in vs1-5?

(To "be careful / fear" that "none are found to have fallen short of" entering God's rest, as the generation of people who formed the Exodus from Egypt did.)

How did the people of Israel discount themselves from entering the rest of the promised land?

(By being disobedient, unfaithful, argumentative, and untrusting towards God.)

What did Matt end by saying was the instruction given in v12 that explained how to be fearful of God?

(Being obedient to God's Word, the Greek here for word being 'logos' which refers to the Bible & to Jesus.)

The Greater Rest - Jesus

Ask someone to read Matthew 11:28-30.

What are the weariness and burdens which Jesus talks about in this offer of exchange for rest?

(Be careful to listen to people's responses here and pay attention to what they say, as it could reveal specific prayer ministry needs for later in the session.)

"What comes into our minds when we think about God is the most important thing about us."

How does this A.W. Tozer quote outwork in you? What comes into your mind when you think about God?

(Encourage everyone to be honest and open about their response to this question.)

How does what we believe about Jesus affect us?

(It directly affects our ability to enter God's rest, and the impact which He can make in our lives today.)

It Is Finished

Ask someone to read Hebrews 10:12

What does this verse say about who Jesus is, and what He has done?

(He is our High Priest, whose self-sacrifice paid the price for all sin throughout time, which is a completed / finished work.)

Response

Break into pairs or small groups, and pray for one another's burdens, by taking them to Jesus. Pray for a clarity of belief in Jesus. Pray for an increase of the gift of Faith, as well as the other gifts of the Spirit. Pray for God to create opportunities in which the fruit of the Spirit would grow and mature in each other's lives. Ask God to take away worries, anxiety, stress, depression, etc., in exchange for peace, wholeness, and rest.

Perhaps end by reading 2 Corinthians 5:17-21.