

Jesus is better than...Naptime/Kit-Kats

So we just talked about the Sabbath rest Jesus has for you. You have an opportunity here and now through your faith to enter into this rest.

Read Hebrews 4:12-13

The point of this passage for us is that the word of God has come to humans in the form of the bible and is so obviously important it should never be disregarded or thrown to the side.

1. How does the word of God *and* God's rest work together in harmony? How do you learn about God's Rest and how to enter it?

Have someone look up on their phone "Rest Verses" And click the first link (unless it seems shady).

Note how easy that was to find useful scripture. Pass around the phone and have everyone pick a verse and read it. Give them time to pick there verses.

What verse did YOU pick?

2. Are you in God's word enough to find His rest? If not what's stopping you from being in God's word? Wasn't that easy to look up verses?

Read Hebrews 4:14-16

Here is the answer to every single Bible question you will ever be asked. The one, the only, Jesus H Christ. Just kidding not every answer, just most.

3. How did the author describe Jesus?
4. According to the verses what two main descriptions can be found in these verses? Fill in the blanks!
What do you think the answers are?

Jesus is the _____ and Jesus can _____

The idea here is that Jesus Who is above ALL else, has also experienced ALL trials. He is the ultimate being to give us our rest because he understands our struggles and more, much more!

Flip it over yo....

5. What do you think Jesus' Sabbath rest is for? What do you think you're resting from?

Have 4 different people read the paragraphs from (Grace to You).

1. The dictionary gives several definitions of rest that match up to the spiritual **rest** God offers those who trust in His Son. First, the dictionary describes rest as stopping from action, motion, labor, or exertion. In a similar way, to enter God's rest is to cease from all efforts at self-help in trying to earn salvation.
2. Second, rest is described as freedom from that which wearies or disturbs. Again we see the spiritual parallel of God's giving His children freedom from the cares and burdens that rob them of peace and joy.
3. Third, the dictionary defines rest as something that is fixed and settled. Similarly, to be in God's rest is to have ultimate assurance that our eternal destiny is secure in Jesus Christ, our Lord and Savior. It is to be freed from the uncertainties of running from philosophy to philosophy, from religion to religion, from guru to guru, hoping somehow and somewhere to discover truth, peace, happiness, and eternal life.
4. Fourth, rest is defined as being confident and trustful. When we enter God's rest we are given the assurance that "He who began a good work in [us] will perfect it until the day of Christ Jesus" (Phil. 1:6). Finally, the dictionary describes rest as leaning, reposing, or depending on. As children of God, we can depend with utter certainty that our heavenly Father will "supply all [our] needs according to His riches in glory in Christ Jesus" (Phil. 4:19).

(Grace To You)

What sort of rest are you most in need of right now? Pick a partner and then pick one of the four definitions of rest. Share with your partner why you think you need this rest in your life right now.

And then pray for each other in closing.