

Sabbath Rest

One of the beautiful ways God described Israel's experience of the Promised Land is **"rest."**

"You shall not do according to all that we are doing here today, everyone doing whatever is right in his own eyes, for you have not as yet come to the _____ and to the inheritance that the LORD your God is giving you." (Deut 12:8-9)

This **"rest"** is what the previous generation of Israelites is described as missing out on in Psalm 95:10-11 because they "went astray" in their hearts.

"But when you go over the Jordan and live in the land that the LORD your God is giving you to inherit, and when he gives you _____ from all your enemies around, so that you live in safety, then to the place that the LORD your God will choose, to make his name dwell there, there you shall bring all that I command you..." (Deut 12:10-11)

One of those foundational commandments was **"Remember the _____ day"** (Exo 20:8-11), rooted in the fact that the LORD **"rested"** on the seventh day after six days of creation. **But what does this have to do with our search for our King?**

In Hebrews 3, disciples of Jesus are reminded of and encouraged to learn from the example of those Israelites who "hardened their hearts" in rebellion and missed out on the Promised Land. And then, in Hebrews 4, something really important is revealed:

...the promise of entering his rest still _____

... (4:1)

...there remains a _____ rest for the people of God... (4:9)

Let us therefore _____ to enter that rest... (4:11)

What God provided through Joshua was a wonderful blessing, but an even greater blessing is available to everyone through Jesus the King.



For Class & Family Discussion:

- In what way would life in the Promised Land be **"rest"** for the children of Israel (Deut 12:9-10; 1 Kings 8:54-56)?
- Is there anything disciples of Jesus need to learn, remember, even apply from the **"Remember the Sabbath day"** commandment (Exo 20:8-11)?
- In light of our discussion, let's remind ourselves of what Jesus said in Matthew 11:25-30. What is this **"rest for your souls,"** and how is it an even greater blessing than the **"rest"** of Israel's Promised Land?
- Doing whatever is **"right in my own eyes"** (Deut 12:8) can seem like a really good idea in the moment, but does it lead to the **"rest"** God is offering? If not, why not?
- What will it look like to take the warning of Hebrews 3:12-14 seriously?
- How would you put the beautiful thoughts of Hebrews 4:8-10 in your own words?