

Cultivate rest
Genesis 2:2-3; Matthew 11:28; Hebrews 4:11, 16

I. Genesis 2:2-3

II. Matthew 11:28

III. Hebrews 4:11 & Hebrew 4:16

Three things to weed out:

1. _____
2. _____
3. _____

Three things to cultivate:

1. _____
2. _____
3. _____

Cultivate rest

Genesis 2:2-3; Matthew 11:28; Hebrews 4:11, 16

² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done.

³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. (Gen 2:2-3 NAU)

²⁸ "Come to Me, all who are weary and heavy-laden, and I will give you rest. (Mat 11:28 NAU)

¹¹ Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience.

¹⁶ Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. (Heb 4:11-16 NAU)

Bible Study Questions:

1. Share your thoughts on God's resting from Genesis 2:2-3.
2. From Matthew 11:28, Heb 4:11 and 4:16, observe the action verbs called for us from each verse. What are these action verbs? What are the implications from these?
3. In what ways was 'failing to entering into the Promised Land' disobedience? What was the root cause of Israel's disobedience?
4. How does Hebrews 4:16 connect Hebrews 4:11? How would the power of grace come into the picture of entering to rest in the Promised Land (v.11) or into God's throne (v.16)?
5. What determines your 'rest or restless'? Share your experience.