

Sabbath is simply “ceasing”. Ceasing to act, ceasing to work, and ceasing to be in control. Sabbath opens doors for an individual to stop moving and start worshipping. At the core of the call to Sabbath is a call to worship. Failure to worship has its roots in failure to Sabbath and failure to Sabbath is at its core a weakened and anemic view of the sovereignty of God. Over the course of the GOSPEL REST teaching series we will look at what the Sabbath is, why it’s important, and what practicing and neglecting it will do in the life of the believer.

The Gospel delivers the fulfillment of the promise first seen in Genesis 2. In Jesus men and women possess temporally what will be there’s eternally. Rest for the weary is not just a promise that will one day come; it is here now and it will come in fullness when Jesus sets the world right. Entering the ‘rest of God’ is to live eternally in his presence. This isn’t the promise of heaven; this is the promise of God himself. Hebrews 4 provides the boost of encouragement and rejuvenation we all need to be filled endurance and hope of what’s ahead of us.

A momentary glimpse of the end and the encouragement to keep striving for the presence and worship of God are exactly what’s needed as we complete the tasks of working for and resting in the Gospel. A complete view of the Gospel allows us to rest in it. A diminished view of the Gospel cause fear and insecurity in people. May the Gospel loom large in our lives and may we find peace, rest, and completion in Jesus himself.

Growth Questions for 8/7/11 – 8/14/11

1. What insight, principle, or observation from this weekend’s message did you find most helpful, eye-opening, troubling?
2. What has been most meaningful to you personally over the course of this teaching series? How has your understanding of Sabbath changed during the series? Are you more intentional about viewing Gospel Rest as a necessary part of your life? How are you planning on installing this in your life?
3. How do you spend your free time or rest? How does your rest glorify God?
4. Who, according to this chapter, gets to experience God’s rest?
5. Augustine once said, “You have made us for Yourself, O God, and our hearts are restless until they find rest in Thee.” What do you think he meant by this statement?
6. Is the rest described in chapter 4 only physical and national in the land of Canaan? Or is it something more? Explain your answer based on the passage.
7. What sort of things keep people from experiencing God’s perfect rest?

The English *rest* and the Greek word that it translates in chapter 4 have similar meanings. The basic idea is that of ceasing from work or from any kind of action. You stop doing what you are doing. Action, labor, or exertion is over. Applied to God’s rest, it means no more self-effort as far as salvation is concerned. It means the end of trying to please God by our feeble, fleshly works. God’s perfect rest is a rest in free grace.

Rest further means freedom from whatever worries or disturbs you. It means freedom from guilt over sin. It means no more shifting about in frustration from one thing to another, no more running in circles. It means remaining confident, keeping trust. To enter into God’s rest means that for the remainder of our lives and for all eternity we can lean on God. Such rest is full, blessed, sweet, satisfying, peaceful. Amazingly, this is what God offers every person in Christ. (MacArthur, *Hebrews*)

Important Dates

- 8/7/11 Gospel Rest Teaching Series Concludes

- 8/14/11 FOUNDATIONS Continues – Teaching Series in Romans
- 8/14/11 Executive Pastor Begins
- 8/28/11 Acts 29 Sunday
- August/Sept. Community Groups Kick Off
- September Groups/Volunteer Expo