

Women's Bible Study  
Glenkirk

Rev. Kristen J Orr  
Hebrews

# Fix Your Eyes On Christ.





# God's Rest

Hebrews 4:1-11, NIV





## HEBREWS 4:1-2



Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. **2** For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.





HEBREWS 4:3

3 Now we who have believed enter that rest, just as God has said,  
“So I declared on oath in my anger,  
“They shall never enter my rest.””  
And yet his works have been finished since the creation of the world.

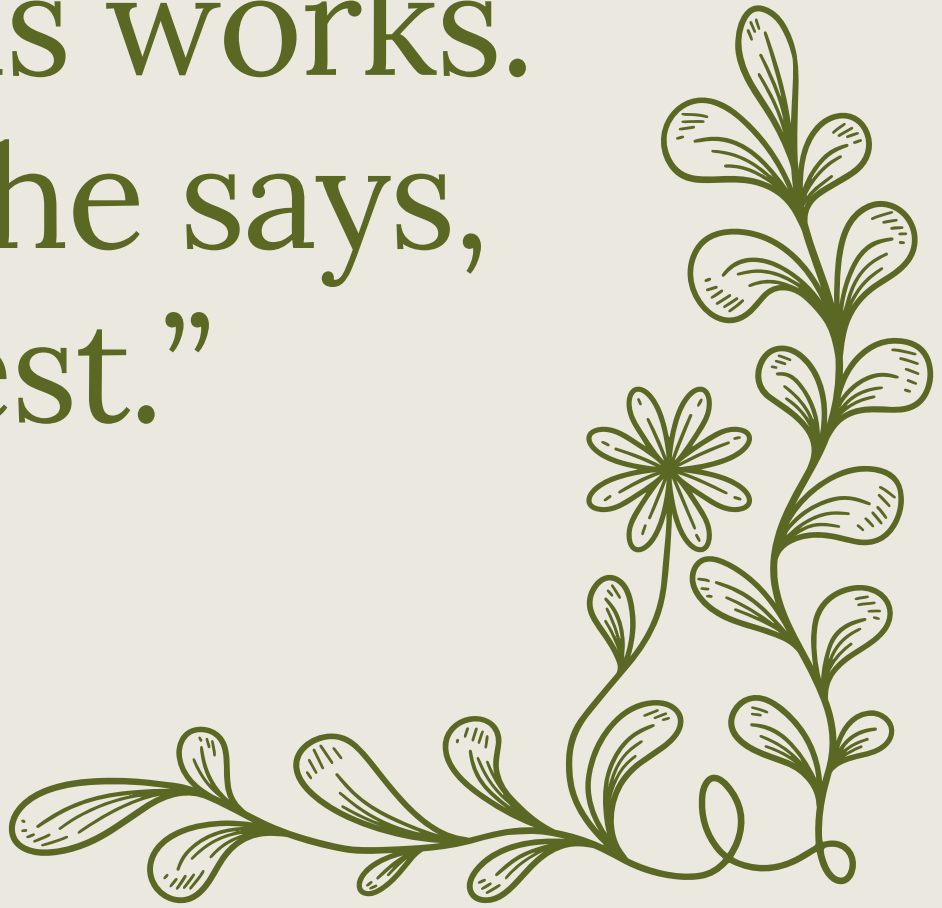




## HEBREWS 4: 4-5



4 For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.

5 And again in the passage above he says, “They shall never enter my rest.”








## HEBREWS 4:6



6 Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience,







## HEBREWS 4:7



7 God again set a certain day, calling it  
“Today.” This he did when a long time later  
he spoke through David, as in the passage

already quoted:

“Today, if you hear his voice,  
do not harden your hearts.”



## HEBREWS 4: 8-10



**8** For if Joshua had given them rest, God would not have spoken later about another day. **9** There remains, then, a Sabbath rest for the people of God; **10** for anyone who enters God's rest also rests from their works, just as God did from his.








## HEBREWS 4: 11



**11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



God's Rest  
Hebrews 4:1-11

1. In Hebrews 3, the author reminds us that those who chose disobedience and unbelief do not experience rest.

2. Hebrews 4 gives Biblical evidence for the Sabbath for the listeners to make the effort to enter rest, just as God modeled.





PSALM 95: 11



So I declared on oath in my  
anger,  
“They shall never enter my  
rest.”

HEBREWS 4:3





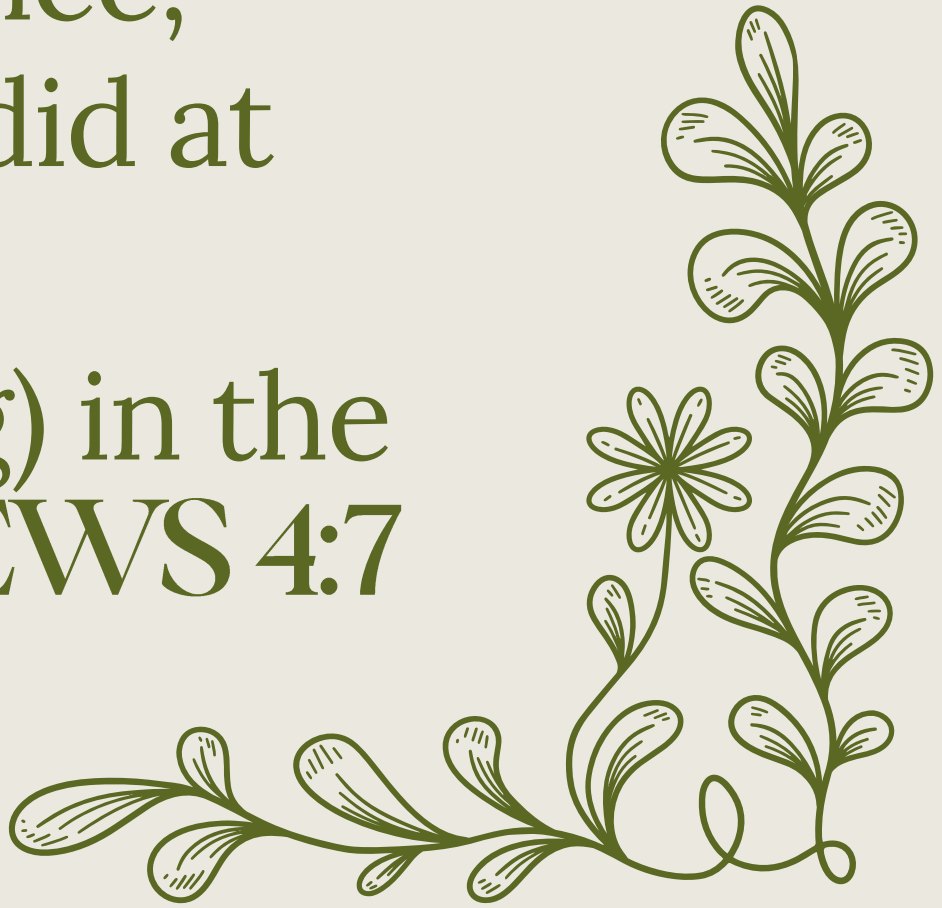




PSALM 95: 7-8



for he is our God  
and we are the people of his pasture,  
the flock under his care.

Today, if only you would hear his voice,  
8 “Do not harden your hearts as you did at  
Meribah,(quarreling)  
as you did that day at Massah (testing) in the  
wilderness, **HEBREWS 4:7**





GENESIS 2:2



2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

HEBREWS 4:4





# SHABBAT

## Day of Rest



God rested on the  
seventh day.







EXODUS 20:8





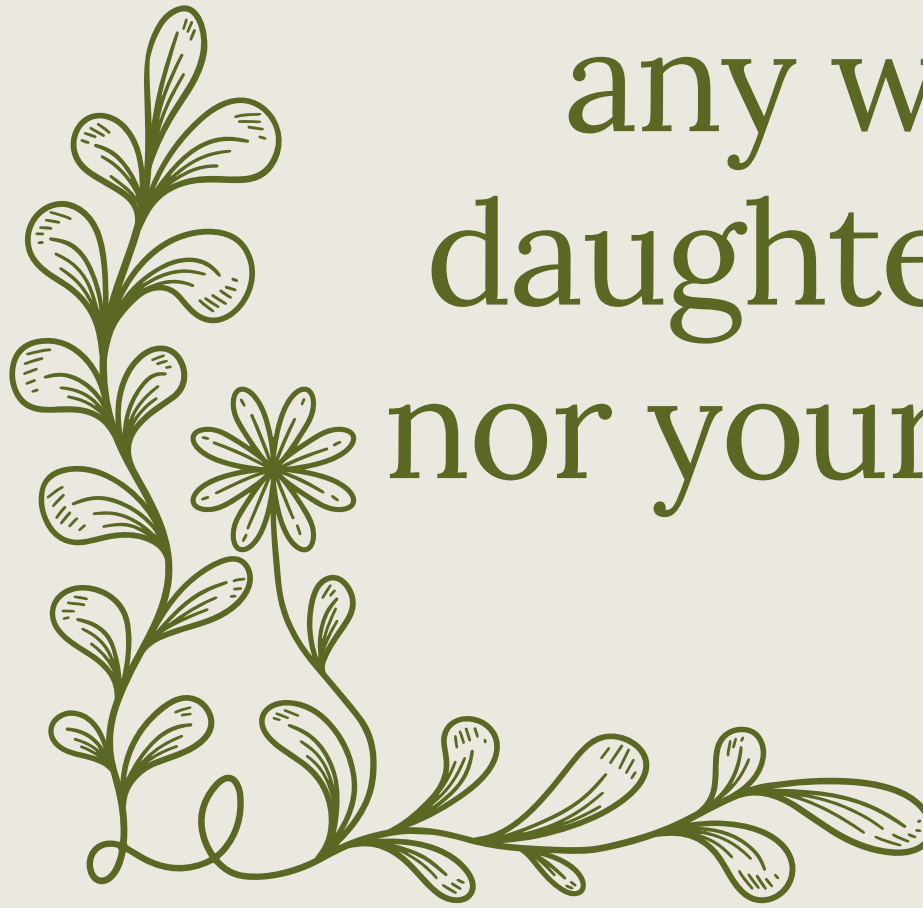
8 Remember the Sabbath day by keeping it  
holy.





EXODUS 20:9-10

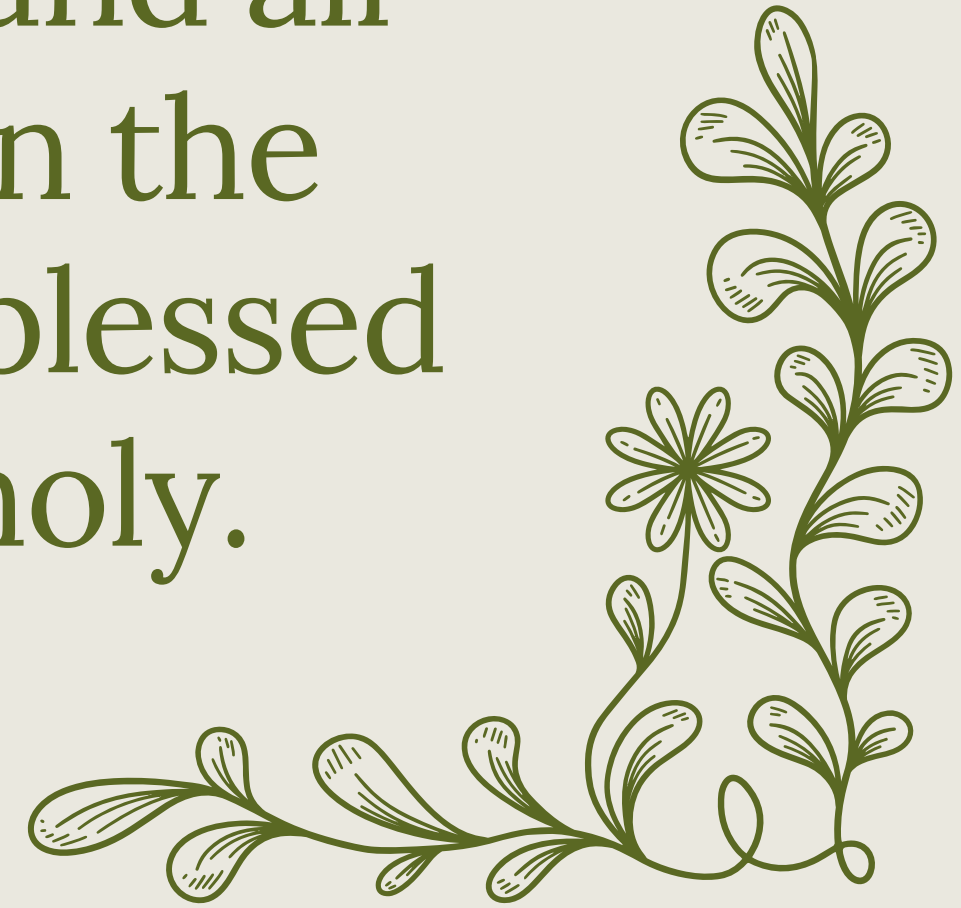


9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.





## EXODUS 20:11

11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.








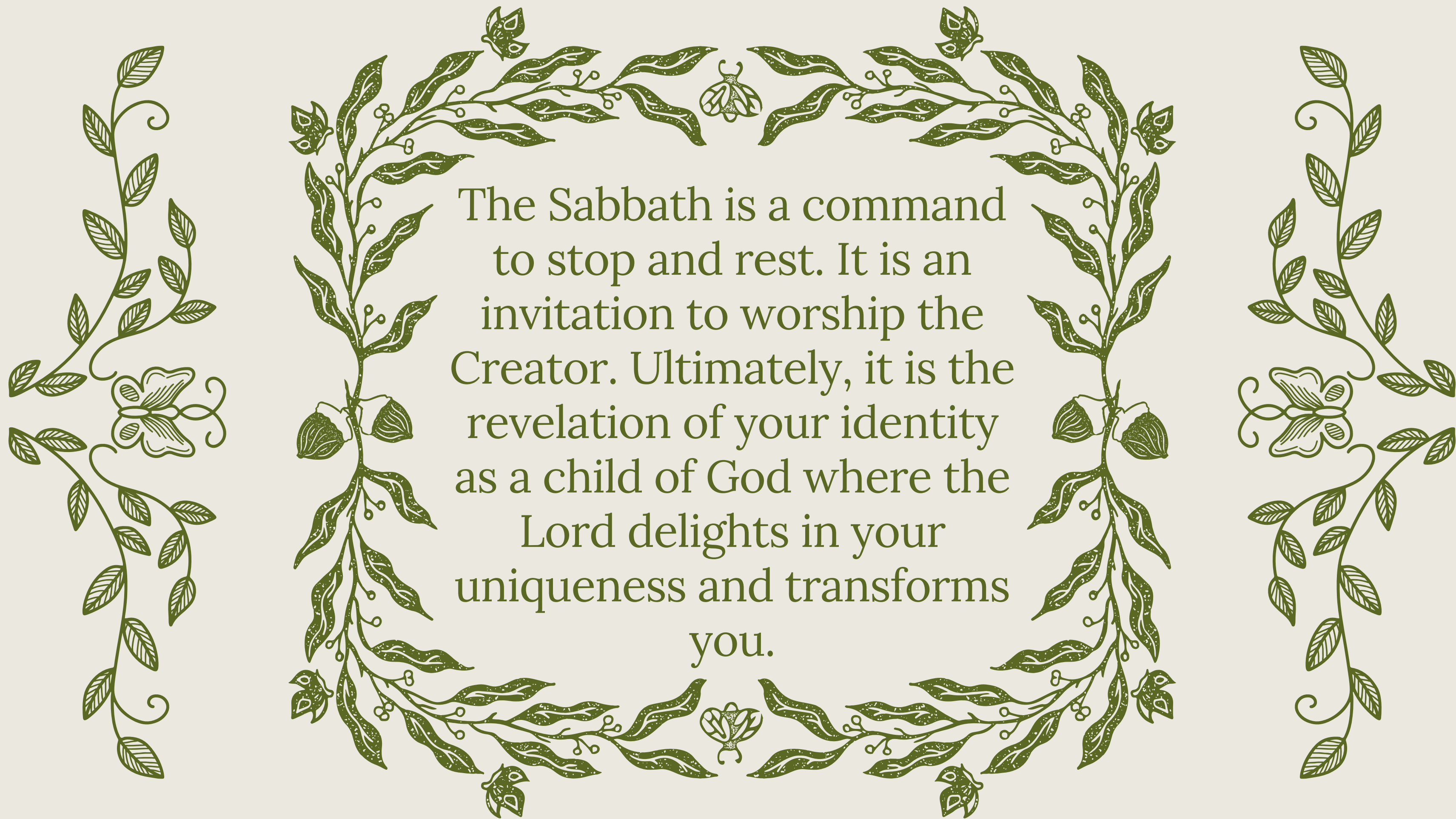


MARK 2:27



Then he (Jesus) said to them, “The Sabbath  
was made for man, not man for the  
Sabbath.”

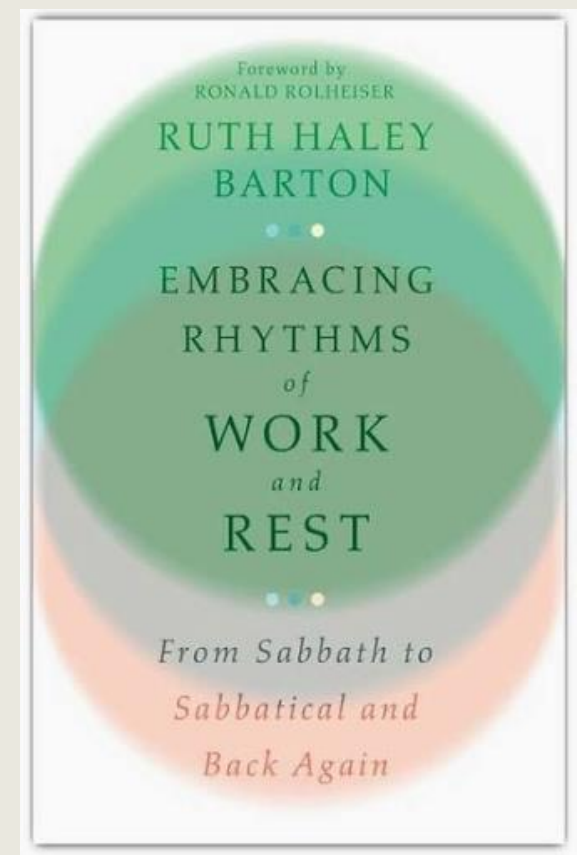
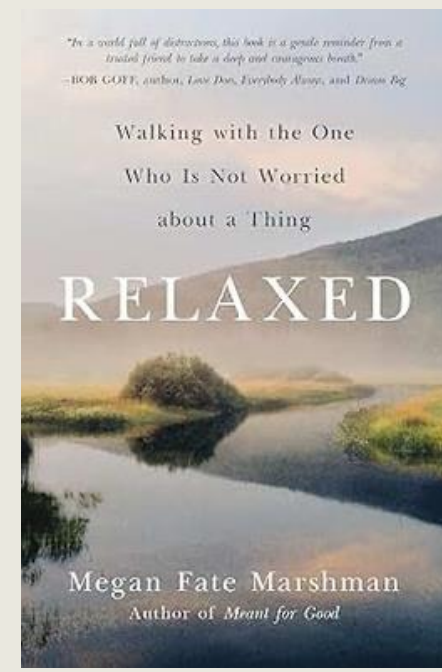




The Sabbath is a command  
to stop and rest. It is an  
invitation to worship the  
Creator. Ultimately, it is the  
revelation of your identity  
as a child of God where the  
Lord delights in your  
uniqueness and transforms  
you.



# Book Recommendations



**The Sabbath:** Abraham Joshua Heschel

**Sabbath:** Dan Allender

**Garden City:** John Mark Comer

**24/6: A Prescription for a Healthier, Happier**

**Life:** Dr. Matthew Sleeth

**Sabbath: Finding Rest, Renewal, and Delight**

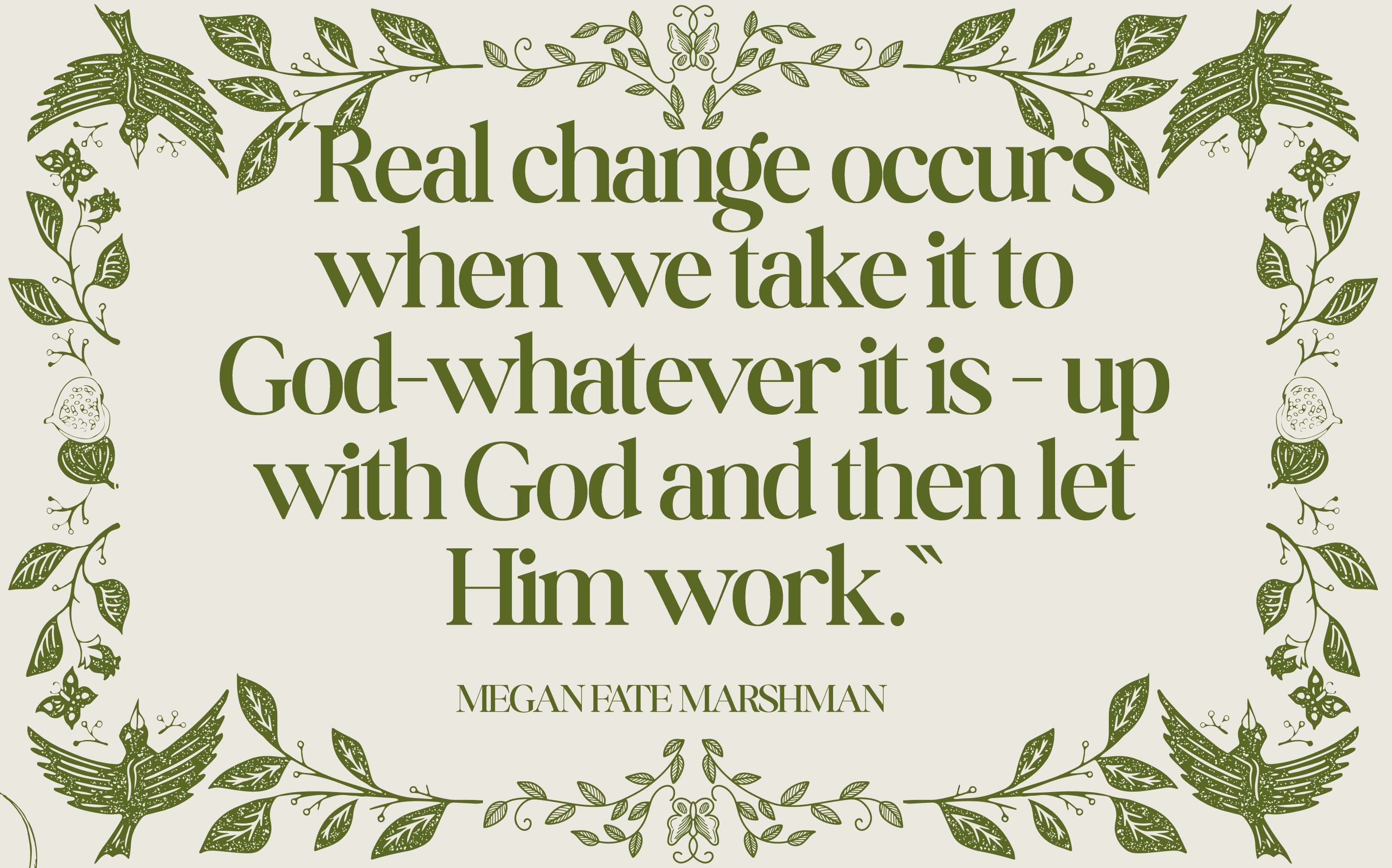
**in our Busy Lives:** Wayne Muller

**The Sabbath Practice: Practicing the Way**

*Pre Order* **Healing Rest:** Becky Thompson







Real change occurs  
when we take it to  
God-whatever it is - up  
with God and then let  
Him work.”

MEGAN FATE MARSHMAN

Sabbath

# REST

- What is keeping you from a Sabbath Rest?
  - Fear, Schedule, Unknown, etc
- Write down what comes to mind. And now, go to God. Give it to Him, and ask Him for help.
- Now write down what a Sabbath day with Jesus would look like for you.







LET US PRAY