

“DO YOU NEED REST?”

Hebrews 4:1-13
Notes

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INTRODUCTION

I. **GOD’S** _____
(Hebrews 4:1-11)

A. _____ On _____

B. _____ In _____

II. **GOD’S** _____ **OF** _____
(Hebrews 4:12-13)

A. By His _____

B. By His _____

CONCLUSION

*Every believer can enter into God's
_____ by _____ His
_____ through _____.*

Reflection Questions:

- *Do you ever want, even briefly, to return to the lifestyle you had before becoming a Christian? If so, why? Share how you deal with such feelings.*
- *Have you stopped your mental and emotional churning and started resting? One of the most enjoyable expressions of an attitude of rest is singing. So many psalms, hymns and spiritual songs speak about resting. I encourage you recall some of your favorites and spend sometime praising the Lord!*
- *We Christians probably take our Bibles for granted. When was it the last time you really thought about the valuable treasure in your possession?*