

**Introduction:**

1. Describe when your electronic devices are helpful to you...and when they begin to be your master.
2. On your last vacation did you come back refreshed or needing a vacation from your vacation? What accounts for your refreshment (or lack of it)?

**Understanding:**

3. Sabbath rest was part of the original 10 commandments. Read Exodus 20:8-11. Since we are not strictly bound by Old Testament law any more, explain how you think this commandment applies to Christians today.
4. In Hebrews 4:1 the NIV says of God's rest "let us be careful that none of you be found to have fallen short of it." But in the ESV it says "let us fear lest any of you should seem to have failed to reach it." Note that the underlying Greek word usually translates as reverent fear. How does having reverent fear affect your attitude towards the importance of trying to enter God's rest?
5. Read Exodus 6:6-9. This passage starts with an exciting promise! But the Israelites failed to attain it. Look at verse 9. Connect that verse to the themes Pastor Dave developed in today's sermon about our own dangers. What is our way of rescue?
6. Read what Jesus said Matthew 11:28-29. How is what Jesus describes here different from just sitting around and doing nothing? How can this apply when we are busy working in 2016?
7. Read John 19:28-30. Carefully explain the connection between what Jesus says here and what we see in Hebrews 4:3 where it says "Now we who have believed enter that rest".
8. Read Psalm 95, which closely connects to today's passage. Note the huge change in the middle of the Psalm. How do you explain the difference? As Christians, how do we fit into this picture? How is the Psalm both a great encouragement and a warning?
9. Read Numbers 14:26-30. Why did only Caleb and Joshua get to enter the land? How does that connect to us as Christians? (Hint: consider the vital importance of faith)

**Application:**

10. Since we are resting in the finished work of Christ, we refuse to define our worth by our accomplishments. Bring any reliance you have on accomplishments to define who you are to the cross. Pray to let Jesus define who you are.
11. All parents ask yourselves: "Do I show my kids more love and affection when they're achieving than when they're not achieving so much?" It's very easy to fall into that trap. And thanks to the gospel, there is a way to escape. Ask Christ to change that attitude.
12. Since you are resting in the finished work of Christ, create time in your schedule to truly rest. Think of daily, weekly, and annual "finish lines." Apply this this concept to your own life. Explore how this might work in the life scenarios which God has given you.