Hebrews 4:1-11

*“REST IN GOD”*

**Scripture:** Hebrews 4:1-11

**Memory Verse:** *“There remains therefore a rest for the people of God.”* Hebrews 4:9

**Lesson Focus:** To rest in God by combining faith to what God says.

**Activities and Crafts:** Coloring Sheet, Work Sheet

Craft for 1st and 2nd grades: “Resting in God Pillows”

1. Give the kids the paper with the pillow pieces on them
2. Have them cut our their pillows
3. Have them decorate their pillows
4. Have them staple the pillows together
5. Have them stuff their pillows

**Introduction:**

**Game: Pillow Toss:** Bring several small pillows from home. Have the kids get into small groups of kids sitting in a circle. Give each group a pillow. Tell them that when you count to three they are to toss the pillow to one another and then when you yell stop the person with the pillow gets to lie down. Play that several times and keep the kids that win (or get to lie down) separated out. After you are done playing tell the kids, “That today’s lesson is going to be talking about resting. Most of you probably think that the kids that got stuck with the pillow and had to lie down were the losers. Actually they were the winners! God wants us to rest in Him and today we are going to learn what that means.”

**Bible Study:**

**Hebrews 4:1; “Our Promise of Rest”**

**√** What is the promise mentioned in verse 1? (to enter His rest)

**√** Does God ever break a promise? Can you trust God to keep His promises?

**√** How many of you like to take a nap? Why or why not? Is this the type of rest

Hebrews is talking about?

**√** What does “entering” God’s rest mean?

Entering God’s rest means that we believe in His way for salvation. We rest in God and know that He has given us everything we need to follow Him through Jesus. It is the place that our souls where created to exist (resting in God.)

**√** What is the thing that we are to fear? (coming short of it (entering God’s rest.)

**√** What does it mean when you come short of something? (you don’t quite make it.)

Give examples of coming up short…(almost getting an A on a test; almost

finishing a Marathon; etc.)

**Hebrews 4:2-5; “Believing in the Gospel”**

**√** What is the Gospel? 1 Corinthians 15:1a; 3-4; *“Moreover, brethren, I declare to you*

*the gospel….For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures.”*

The Gospel is everything that Jesus did for us. The gospel is Jesus!

When the people of Israel were being lead into the Promised land they heard the good news of God that they would have victory in the land…but they did not believe. They did not mix God’s promises with faith.

“The word which they heard did not profit them”

Even though the gospel was preached to everyone, not everyone believed.

**√** Why did not everyone believe? (it was not mixed with faith.) When people

hear the gospel they respond in one of two ways

1. They hear it and they have faith to believe it
2. They hear it and but they don’t really hear it and don’t believe it. The gospel does not touch their heart.

Have you guys ever helped to bake a cake? When you bake a cake you have to pay very close attention to mix in all of the ingredients. One important ingredient is baking powder. If you forget to mix in the baking powder your cake will not rise and it will be a pancake instead of a cake. Now pancakes are great, but that is not what you are making. It’s the same way with hearing the gospel. When you hear the gospel (what Jesus has done for us.) then you need to respond with faith (believing.)

Faith is the ingredient that is our response to the gospel.

Romans 10:17; *“So then faith comes by hearing, and hearing the Word of God.”*

This faith is trusting in God wholeheartedly! This faith believes that Jesus paid the price for my sins and I can trust in Him for every area of my life. This brings rest to our souls.

1. First we trust of have faith in Jesus to save our souls
2. Second we trust in who God is to carry us through this life.

Faith is believing in God and resting in Him.

Jesus said it this way, *“Come to Me, all you who labor and are heavy laden and I will give you rest. Take My yoke upon you and learn from me for I am gentle and lowly in heart and you shall find rest for your souls. For My yoke is easy and my burden is light.”*

Matthew 11:28-30

More faith = more rest!

**√** What happens when we believe according to 4:3? (we enter God’s rest)

This is God’s rest…the same rest that God enjoys.

Hebrews 4:3 quotes Psalm 95:11 – saying that they people of Israel that chose

not to believe God did not enter His rest. They were left out because of unbelief.

**√** What is finished since the beginning of the world? (God’s Works)

**√** What are God’s works? After God created the universe God rested on the 7th

day. God rested from ALL of His works. That means since the beginning of the world God knew that He would send Jesus. His work was complete because God’s plan was put into motion to create the world and to save the world through faith in Jesus. This does not mean that God is not working today. Jesus said, *“My Father is always at his work to this very day, and I, too, am working.”* John 5:17 But God’s rest is a place of rest for our souls.

**Hebrews 4:6-10 – Understanding the Rest of God**

1. The “rest” of God still remains and we must respond by faith.

Psalm 95:7-8, *“Today, if you will hear His voice, do not harden your hearts.”*

The word “today” means NOW! When you hear the gospel you need to respond – and not wait. When you wait and say “I will believe tomorrow” the Bible says that our hearts become harder (it becomes harder to believe.)

1. The “rest” is finished through Jesus Christ. When Jesus said “it is finished” on the cross, the atoning work of God was done. Salvation that would be offered to all of mankind was finished on the cross. All we have to do believe.
2. Joshua new that the final rest for God’s people was in the future. (The word for Joshua and Jesus are the exact same in the greek.) The meaning for the readers is that Joshua (Jesus) the son of Nun could not lead his people into God’ rest but Jesus the son of God did!

**Hebrews 4:11: Being Diligent to Enter God’s Rest**

**√** What does it mean to be diligent? (to make every effort)

**√** How can I be diligent? Like the first part of Hebrews 4 says:

1. to listen to and believe the Gospel
2. To make sure that I stay close to Jesus so that I can live in the knowledge that He is in control. We must combine what we believe with faith in trusting God for our life. That is the rest for our souls that God offers.

**Conclusion:**

Go back to class and ask the following questions:

1. Have I mixed faith with the Gospel and believe in Jesus?
2. Have I mixed faith with my circumstances to believe that God is in control? (Romans 8:28)

Do you remember in Acts 12, when the early church was praying for Peter to get out of Jail? God rescues Peter and Peter knocks on the door of the house where people where praying. They didn’t believe it was Peter, at first, because they couldn’t believe that Peter was rescued.

1. Do I worry about stuff? What stuff do you worry about most?
2. How can I learn to trust God more?
3. How can I rest is God more?
4. Do I understand what kind of rest God is talking about here?

“There remains therefore a rest

for the people of God.”

Hebrews 4:9