

FOR A HEART CHECKUP

HEBREWS 4:12, 13

How did you see God working in your life this week? (Romans 1:11, 12)

BACKGROUND: This concludes the 2nd of five warnings against the unbelief that keeps you from having God's rest. You know that you are experiencing God's rest when you have inner joy and the peace of God. You don't know God's rest when in unbelief you are grumbling and complaining, unforgiving of past hurts, and desiring the deceptive pleasures of your old life of slavery. God's Word can help you to experience God's rest when you believe what God says.

THE WORD SPEAKS. The Bible is the very Word, the voice of God. "The Word of God is, actively alive, and as the tense indicates, constantly active." Kenneth S. Wuest, Word Studies in the New Testament, Volume II: Hebrews, p. 88. Because the Word of God is active and alive, you can with a sincere heart appropriate God's rest. His rest can be realized in all situations and give inner joy and the peace experiencing God's presence. **(Hebrews 4:12a, I Peter 1:23-25, fn 1:24, 25, II Timothy 3:16, 17, fn 3:16, 17, II Peter 1:2, fn 1:2)** *The Word of God is NOW active and alive, so what are you going to do with the innumerable past hurts and sins both by you and against you that you hold like a mortgage?*

THE WORD JUDGES. As you spend time in God's Word in humble submission and worship, the Holy Spirit uses the Word to judge your thoughts and attitudes. This time spent with Jesus reshapes and renews your heart. **(Hebrews 4:12b, fn 4:12, Psalm 119:11, fn 119:11, James 1:21-25, fn 1:22-25, I Thessalonians 2:13, fn 2:13)** *Why is a One on one time with Jesus and His Word vital for a heart checkup, and how will you have this time with Him and His Word?*

THE WORD CONVICTS. It is a serious offense to God to refuse to enter into His rest or for the believer to desire the unattractive chains of slavery that he has been delivered from by the blood of Christ. **(Hebrews 4:13, fn 4:13, Psalm 95:1-11, fn 95:1-4, fn 95:11, Matthew 16:27, fn 16:27, II Corinthians 5:7-10, fn 5:9, 10)** *How could your small group help you to experience God's rest by His Word,?*

As you daily study the truths about Jesus, in what ways is the presence of the Holy Spirit revealing to you God's majesty and glory?