

# GOD'S SPIRITUAL REST

## HEBREWS 4:1-11

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

BACKGROUND: Possessing God's rest and experiencing it daily in your life are two different things. This is an important concept to understand in your spiritual journey.

***IS RECEIVED BY FAITH.*** God's rest comes when you see the Lord Jesus' over-whelming love and forgiveness for you personally. You rest from your own works and accept the work He has finished on the cross. With the gift of faith, you can continually realize the presence of the Holy Spirit and experience His loving kindness, inner joy, and peace. **(Hebrews 4:1-5, 9, fn 4:1-3, fn 4:2, fn 4:4, I Peter 1:8, 9, fn 1:8, 9 Romans 5:1-5, fn 5:1, fn 5:3, 4, Philippians 4:8-13, fn 4:10-14)** *How and when do you receive and experience God's spiritual rest?*

***IS NOW.*** God's rest is not a self-righteous work that you create. It is God's rest. It is not so much the absence of work but the realized presence of Jesus Christ your Lord giving grace to live your "Christ-filled life" now. **(Hebrews 4:6-10, fn 4:6, 7, fn 4:8-11, Matthew 7:22, 23, fn 7:21-23, II Corinthians 6:1-10, fn 6:8-10)** *How does realizing God's rest depend on you and not people and their actions toward you?*

***IS REALIZED BY TRUSTING.*** Faith gives you the confidence that makes trust possible. Trust is acting on the gift of faith. By trusting Christ, God's rest enables you to enjoy the fruits of the Holy Spirit no matter what situation you find yourself in. In God's rest, your burdens are God's burdens and God's joy is your joy. **(Hebrews 4:11, fn 4:11, Galatians 5:22-25, fn 5:22, 23, Matthew 11:28-30, fn 11:28-30, Philippians 3:12-14, fn 3:13, 14)** *How can refusing to forgive others, or even yourself, hinder you from experiencing God's rest?*

*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?*

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