

Wheelersburg Baptist Church 3/1/2026
Hebrews 4:1-5 “Entering God’s Rest”

I. The _____ concerning God’s rest (1)

A. We can _____ God’s rest.

B. We can _____ God’s rest.

II. The _____ of God’s rest (2)

A. It requires the _____.

B. It requires _____.

III. The _____ of God’s rest (3-5)

A. To understand God’s rest, we must go back to _____.

B. To appreciate God’s rest, we must _____ what God did (3-4).

1. God _____ His work (3).

2. God _____ from His work (4).

C. To experience God’s rest, we must _____ what God says (5).

1. He is the _____ of rest.

2. He _____ who will enter His rest.

3. He says that He gives His rest to those who _____ in Him.

Make It Personal: The promise of entering God’s rest still stands.

1. It matters what we do _____.

2. It’s vital that we prepare for the _____.

Community Group Discussion:

1. In Hebrews 4:1-5 we learn about the wonderful privilege of entering God’s rest. After reading today’s passage, discuss the following questions. What does our English word “rest” mean as a verb? As a noun? What does “rest” mean in Hebrews (keep in mind the term has more than one meaning)?

2. What exhortation does the writer give us in verse 1? What does he say we should we fear and why?

3. What must happen if we are to experience God’s rest according to verse 2?

4. What do we learn about God’s rest in verses 3-5? What part does faith have in the experience of God’s rest?

5. The hymnwriter said, “My faith has found a resting place.” What are some practical steps we can take this week to personalize what we’ve learned today? After sharing, spend time as a group praying the Word with prayers of both thanks and supplication.