

The Supremacy of Christ and Christianity

FINDING God's Rest

Hebrews 4:1-14

Message Guide
August 2, 2020



Finding God's Rest

Today's Message (2 August 2020) / *Hebrews 4:1-14*

IN THE MIDST
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CHRIST

These are stressful times aren't they? Today God wants us to remember that in His love for His people He has offered us rest.

There are three kinds of rest available to every person:

1. The rest of salvation Christ (vv. 3,10)
2. The rest of victorious Christian living (v. 11) and
3. The future eternal rest in heaven (v. 9)

There are three exhortations relating to the life of rest:

1. LET US FEAR NOT REACHING GOD'S REST (VV. 1-8).

- God promised rest to Israel, but they failed to reach it because of disobedience from unbelief. "Let us fear" (v. 1) is God's warning for us today (v. 7), because many professing Christians fail to enter a life of rest and victory.
- God promised a rest for believers today: Hebrews 4:3 "For we who have believed enter that rest". This is the "rest of faith" that Jesus promised in MATTHEW 11:28-30. The "rest" of MATTHEW 11:28 is salvation, and it is a gift that we receive by faith. The "rest" of MATTHEW 11:30 is what we find day by day as we take His yoke and surrender.

2. LET US STRIVE TO ENTER GOD'S REST (VV. 9-13).

- God intends for believers to find rest (4:9). The believer who rests completely in the finished work of Christ has ceased from self-efforts, human merit, and legalism as means of commending himself to God (4:10).
- "Strive" means "give diligence". Nobody ever matured in the Christian life by being careless or lazy (2 PETER 1:4-12; 3:11-18). How do we give diligence? By paying close attention to the Word of God.

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- What is the secret of entering into this rest? The Word of God (HEBREWS 4:12). Comparing the Word of God to a dagger refers to the power of the Word to make us see the sin and unbelief in our hearts. The Word *exposes* our hearts; and then, if we trust God, the Word *enables* our hearts to obey God and claim His promises.

This is why each believer should be diligent to hear and heed God's Word. In the Word we see God, and we also see how God sees us. We see ourselves as we really are. This enables us to be honest with God, to trust His will, and to obey Him. Only in this way can we find true restedness in Christ.

3. LET US HOLD FAST OUR CONFESSION (V. 14).

- The reference to Jesus as High Priest is the conclusion of the entire argument from verses 1-13. The crucial issue is whether we will maintain our Christian walk, or walk out of the faith. The ministry of Jesus as our High Priest in heaven gives certainty that God's people will celebrate eternal rest in His presence, if we hold fast to the faith.

FINAL THOUGHTS

What kind of rest do you need? Only you can answer that question. But listen once again to Jesus offer it: "Come to me, all 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 will find rest for your souls. For my yoke is easy, and my burden is light." (MATTHEW 11:28-30)

Jesus offers the ultimate source for true rest, for true rest is found only in a right relationship with Him. The rest is His rest, for His people, found by obeying His Word. In the midst of a global crisis leaving people fragmented, fragile, and fatigued in its wake, one of the greatest needs we all have is to find rest in God. May you find it in Christ ■

DISCUSSION QUESTIONS

1. According to Luke 12:5 (or Romans 11:20; Philippians 2:12), how can fear (Hebrews 4:1) abide with true faith?
2. If the Word of God is symbolized by a "sword" (Hebrews 4:12), how can it be a source of comfort for broken people?
3. Pray together as a group/family, asking God to help you find out what robs you of rest, and to find it truly in Christ.

OUR COMMUNION MESSAGE: FINDING REST IN GOD

As many of us feel stressed out by the continuation of General Community Quarantine (GCQ) for the 3rd month straight, we feel it is no coincidence that our message in our Communion Series on Hebrews is about finding rest in God. If you have received Christ as Savior and follow Him as Lord, realize that as you walk with Him He gives you strength to have joy no matter what your circumstances. May this help you take Communion today in peace.

DECLINING DEATH RATE? TOO PREMATURE TO CELEBRATE

Some people are saying that our seemingly low death rate is a reason to rejoice despite having over 92,000 cases of Covid-19. Laying aside that the data may be unreliable and late, this shows ignorance of medical facts. There is evidence that those who survive mild infection have a higher risk of myocarditis and cerebrovascular and cardiovascular strokes all their lives due to the virus' effect on normal blood clotting. For those who survive moderate or severe infection, aside from the aforementioned conditions, many survivors report recurrent or persistent dysnea and/or flu-like symptoms. One described her ordeal as "a nightmare that keeps return-ing" and has never been able to return to work due to a persistent feeling of fatigue. They also have a higher risk of end-organ damage to the most vascular organs—kidney, brain, heart, etc. The bottom line is, the quality of

life cost and total economic costs to survivors of Covid-19 is staggering when computed over a lifetime. So, aside from always wearing a mask + face shield, physical distancing, and always washing/disinfecting your hands: please avoid all unnecessary travel. Never go out of your homes unless absolutely necessary. You are not being inhospitable if you refuse to meet people or visitors for now. Nor are you being paranoid at all. The price to pay is just too much!

BELONGING: THE GROWTH GROUP JOURNEY (FROM THE DISCIPLE-MAKING MINISTRY)

God designed people to live in community. We are meant to belong. The church is a spiritual community around Jesus Christ. God's design is for us to be joined together as one body in Christ. In a big church like GCF, the sense of belonging can be a challenge. Especially during this pandemic, when we are forced to be isolated and the social connections we're used to having are transformed. That is why the Growth Groups are there so that you have the chance to de-velop deeper interaction, relationship and accountability in the context of a small group.

You need not be alone in your life journey; be part of a Growth Group today. Speak with any of our Pastors, Elders, Deacons, GG Leaders or a fellow GCFer to join a small group. Alternatively, contact Marj Jo at **0917 779 1495** ■

THE CHURCH ONLINE

GROWING TOGETHER IN LEARNING AND LIVING OUT G-OD'S WORD

August 5 (Wed), 6:30 p.m., on GCF Facebook Page

REMINDERS OF GOD'S CARE AND FAITHFULNESS

Mondays and Fridays, 7:00 p.m., GCF Facebook Page

LIVestream (GCF Youth LIVE Worship)

Saturdays, 5:00 p.m. on youtube.com/user/gcfyouthlive

KIDS' L.I.F.E. ONLINE SUNDAY SCHOOL

Uploaded every Sunday, 1:00 p.m. on youtube.com/user/gcfmain

WORSHIP THROUGH GIVING

For offerings during this time, please consider the following options:

BANK DEPOSIT OR TRANSFER

Account Name: Greenhills Christian Fellowship, Inc.

- **BDO** (BDO Corporate Center Branch) ♦ **GCash (L) and PayMaya (R)**
Savings Account 000661590216
(Scan QR code below)
- **China Bank** (Ortigas ADB Branch)
Savings Account 1112-02006218
- **UnionBank** (UB Plaza Branch)
Checking Account 0005-9001-0426
- **Robinsons Bank** (Main Office Branch)
Savings Account 1000-3010-0017-355
- **Metrobank** (Ortigas Sapphire Branch)
Savings Account 629-3-62919733-9



CREDIT/DEBIT CARD THROUGH PAYPAL

Please visit www.gcf.org.ph/give for instructions.

Please email a copy of your transaction document to finance@gcf.org.ph so your giving can be properly recorded and an official receipt can be sent to you.

COVID-19 EMERGENCY RESPONSE EFFORTS

You may also designate your giving to our church's efforts to help frontliners and the vulnerable. Just indicate "For COVID-19 fund" when you email your transaction document ■



Greenhills Christian Fellowship
Know Christ and Make Him Known

Ruby cor. Garnet Roads, Ortigas Center, Pasig City, 1605

☎ (02) 8632 1354 to 56, (02) 8635 0078 to 80, (02) 8635 0082 to 83

☎ Fax No. (02) 8632 1357, Monday to Friday, 9:00 a.m. to 6:00 p.m.

✉ email@gcf.org.ph 🌐 gcf.org.ph FB: Greenhills Christian Fellowship