

He makes me lie down in green pastures

Opening

When is the last time you felt well rested? What did you do to feel well rested?

Preparing our hearts for rest

Read Hebrews 3:7 - 4:2

What can we learn from the story of the Israelites?

How can we encourage one another to "hold firmly to the end" and continue to trust in God?

How can we prepare our hearts to enter the rest?

Resting regularly

Read Hebrews 4:4-11

What pattern has God set for rest?

What does this look like in your life?

Do you find Sundays restful? Do you feel "rested" after meeting to worship with God's people?

Eternal Rest

Read Revelations 7:13-17

John describes a "busy" heaven, where we will "serve [God] day and night in His temple" (v13). Does this sound restful to you? Why/why not?

What part of this passage excites and encourages you the most?

Application

Together, praise and thank God for the promise of eternal rest. Pray that we will be able to encourage one another to prepare our hearts for His rest.