

# THE PROMISE OF ETERNAL REST

Hebrews 4:1-13  
Pastor Bill Young (bill@trc.life)

Understanding eternal rest:

## I. Eternal Rest: \_\_\_\_\_ is it (and isn't it)?

**A. Heaven is \_\_\_\_\_ . (paradise lost)**  
> **Hebrews 4:1 NIV84** Therefore since the promise of entering **his rest** still stands, let us be careful that none of you be found to have fallen short of it.

**B. Heaven is \_\_\_\_\_ . (available to all, secure)**  
> **Hebrews 4:1 NIV84** Therefore since the **promise** of entering his rest still stands...

**C. Heaven is \_\_\_\_\_ . (future)**  
> **Hebrews 4:6 NIV84** Therefore since **it still** remains for some to enter that rest...  
> **Hebrews 4:7 NIV84** God again set a certain day, calling it "**Today**." This he did when a long time **later** he spoke through David...  
> **Hebrews 4:9 NIV84** **There remains**, then, a **Sabbath-rest** for the people of God...

**Q: Are you excited about Heaven?**

---

---

---

---

## II. Eternal Rest: \_\_\_\_\_ do I get it (and miss it)?

**A. Be in \_\_\_\_\_ . (trust/believe)**  
> **Hebrews 4:2 NIV84** For we also **have had the good news proclaimed** to us, **just as they did**; but the message they heard was of **no value to them**, because they did not share the **faith** of those who **obeyed**.  
> **Hebrews 4:3 NIV84** Now **we who have believed** enter that rest...

**Q: Are you trusting in the "chair" of Jesus?**

**B. Be \_\_\_\_\_ . (actions prove faith)**  
> **Hebrews 4:6 NIV84** Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them **did not go in** because of their **disobedience**. (Also **James 2:14, 18**)

**Q: Are you "in faith" and obeying what you know? If not, why?**

---

---

---

---

## III. Eternal Rest: \_\_\_\_\_ does it matter?

**A. It affects \_\_\_\_\_ life.**  
> **Hebrews 4:10 NIV84** For **anyone** who **enters God's rest** also rests from **their works**, just as God did from his. (Also **Ephesians 2:8-9; Titus 3:5 KJV**)

**B. It affects the \_\_\_\_\_ life.**  
> **Hebrews 4:12 NIV84** For the **word of God** is **living and active**. Sharper than any **double-edged sword**, it **penetrates** even to dividing soul and spirit, joints and marrow; it **judges** the thoughts and attitudes of the heart.  
> **Hebrews 4:13 NIV84** Nothing in all **creation** is hidden from God's sight. Everything is **uncovered** and **laid bare** before the eyes of him to whom **we must give account**.  
> **Hebrews 4:11 NIV84** **Let us**, therefore, **make every effort to enter that rest**, so that no one will perish by following their example of disobedience. (Also **John 1:1; Rev. 19:13-15**)

**Q: Have you placed your faith in Jesus Christ alone for your salvation?**

---

---

---

---

### Discussion Questions:

1. Describe a time when you were absolutely exhausted. How did you recover?
2. Heaven is described as our "Eternal Rest." List three things about Heaven that excite you.
3. How are your faith and works related? Can you have a true faith without works? (See James 2:14-18)
4. Hebrews 4:11 encourages us to "make every effort to enter that rest." What do you think that means? Are you doing that?
5. Tell your salvation stories to each other (How you became a Christian).

**Next Week's Verses: Hebrews 4:14-5:10**