



## “REST by Considering Jesus” - Hebrews 3: 1 – 8

*REST* is a word that is mentioned 12x's in the book of Hebrews chapters 3 & 4. God calls this “My Rest” and he calls us to enter His REST. The book of Hebrews was written to believers in the 1<sup>st</sup> century who were experiencing lots of stress from persecution, financial hardships, and painful circumstances. The message of God to His people both ‘then’ & ‘now’ is –

*My antidote to your STRESS is MY REST.*

The alternatives to not entering God’s REST could be: *medication for anxiety, depression and sleeplessness; relational contention, health challenges, pre-mature aging and even hospitalization.*

What is REST? – the word used in the text speaks of *being quiet, resting, abstaining from work; remaining silent.* Rest is found by experiencing daily Hebrews chapter 4, verse 16 – practicing the Lord’s presence in silence and solitude.

So HOW DO WE ENTER GOD’S REST? – Today’s text encourages us to ....

1. – REST by Considering \_\_\_\_\_ Jesus is. See 3: 1 – 6

- a. Jesus is the \_\_\_\_\_ of our Confession.
- b. Jesus is the \_\_\_\_\_ of our Confession.
- c. Jesus is the \_\_\_\_\_ over His Household.

2. – REST by Considering \_\_\_\_\_ belong to Jesus. See 3: 1, 6

- a. You \_\_\_\_\_ to His family.
- b. You are in His \_\_\_\_\_ .
- c. You are blessed to \_\_\_\_\_ in Jesus.

### 3. – REST by Considering \_\_\_\_\_ Jesus is saying to you. See 3: 7 – 8

Text is a quotation from O.T. [Psalm 95: 6-11](#)

His Voice is available to be heard.

His Voice is actively communicating to you right now!

His voice is key to experiencing REST.

*“COME TO ME, all of you who are weary and burdened,  
And I WILL GIVE YOU REST.  
Take up my yoke and learn from me, because I am lowly and humble in heart,  
and YOU WILL FIND REST for your souls.  
For my yoke is easy and my burden is light.”*

Matthew 11:28–30

#### WORKING THE WORD Challenges for the Week

- Pick up a copy of the [Scripture Devotional Reading Guide](#) following the REST theme of our series & daily go deeper to experience God’s REST in your soul. You can find it [HERE](#).
- Reflect on your favorite Image of Jesus from the Gospels. Carefully consider Jesus from this account (His healing the leper, calming the storm, encounter with the woman at the well, rising from the dead, etc). *Express your heart response to Him as you think on Him. Share your favorite Jesus-image with your family or friends.*
- Discover with God a place of silence or solitude. Learn to sit in God’s Presence and listen to His voice. Create a habit of daily listening to God by His Spirit at the point of His Word.