

Sermon Series: **REST** @Roswellstreetbc – Marietta, Ga
July 31, 2022 – 10: 30 a.m.



“REST with a Heart that is Free” Hebrews 4: 1 – 13

This month of July we as a church family have been studying exegetically [Hebrews chapters 3 and 4](#). The Spirit-empowered outcomes of our study is REST for our weary souls.

*REST is experiencing God's manifest Presence
& receiving His abundant Provision.*

Reflect on [Psalm 16: 11 & Hebrews 4: 16; 10 : 19-22](#) to visualize the REST has for you.

Jesus frees your heart to ...

1. – Enter God's _____ of REST by Faith. – See Vs.1-3

God's Promise is His Invitation to Enter the Door of Rest. – [Matthew 11: 28 - 30](#)

God's Invitation Rejected results in Painful outcomes. – see [Numbers 14](#)

2. – Embrace God's _____ of REST by Obedience. – See Vs.4-11

Rest set forth in Creation (V.4) & Conquest (Vs.5-6)

Rest is for This Current Moment V.7

“Sabbath Rest remains for God's People” V.9

3. – Experience God's _____ of REST with Openness. – Vs.12- 13

BEYOND THE SERMON Challenges:

- Discuss with a partner or a group – What part of Today's message spoke to you? What steps do you sense God leading you to make in response to His Word?
- Plan to enter a 24-hour Sabbath rest this week by ceasing from everyday activities to spend extended time with God and near ones. What does this look like for you? Discuss with a family member.
- Pause & Imagine hearing Jesus speaking to you the words of – **John 8: 32 , 34** – *"You will know the truth, and the truth will set you free. So if the Son sets you free, you really will be free."*

Read these words several times and visualize Jesus breaking your chains of anxiety, worry, and stress that weigh you down. Write out a prayer asking Him to free you from specific areas that cause you worry