

1. A Place of Rest

- a) As the children of Israel were wandering in the wilderness on their way from bondage in Egypt to the Promised Land, what was the LORD's desire for them? Exodus 33:14
- b) What was God's plan for the children of Israel when they finally entered Canaan? Joshua 1:13
- c) What kind of rest did the LORD desire for the children of Israel and also for our lives today?
- d) How does the Sabbath help us to remember our need to find rest in the LORD our Creator and Deliverer? Exodus 20:8-11, Deuteronomy 5:12-15

2. Failing to enter into the promised rest

- a) Hebrews 3:12-19 What hindered most of the children of Israel from entering into the promised rest?
- b) Of the twelve representatives of the children of Israel sent to spy out the land of Canaan, only Joshua and Caleb chose to believe the promises of the LORD and entered into His rest. What can we learn from their experience? Numbers 14:6-9

3. An invitation to enter God's rest

- a) Hebrews 4:6-11
- b) Why is "today" such an important moment in each of our lives?

- c) Why does it require diligence to enter into God's rest?
- d) What commitments do you need to make today that cannot be postponed until another time?
- e) What help is available to each one of us, even if we are struggling to make the commitments we know we ought to make? Hebrews 4:16
- f) How can we be certain the LORD will welcome us into His rest even though we have frailties and imperfections? Hebrews 4:15
- g) When will we experience ultimate rest? Hebrews 11:13-16

4. A reminder of our need to rest in God

- a) Compare Exodus 20:8-11, Deuteronomy 5:12-15 and Hebrews 4:8-11. Apparently, it is possible to observe the Sabbath each week and fail to experience rest in the LORD. How can we avoid that tragic failure?
- b) How would you respond to someone who says, "I just rest in the LORD. I don't need the Sabbath to do that!"?
- c) Imagine your first Sabbath after the LORD has created a new heaven and new earth. How will you spend your time on that special Sabbath?

