

4.27.25

The Real Reason You Can't Rest

Genesis 2:1-3

We need _____ rest

A true day of rest is more than just a break from _____. It's a time to focus on _____.

We need _____ rest

A person who can never rest is a person who doesn't _____.

Biblical rest is not based on _____ something someday.

Biblical rest is based on what _____ FOR me.

Rested vs. Restless

Margin vs. Busyness

Quiet vs. Noise

Deep relationships vs. Isolation

Enjoyment vs. Envy

Gratitude vs. Greed

Working to contribute vs. Working to accumulate

Trusting God vs. Fearing what may happen

Connection Card Next Steps -

***Step 1 - I will set aside 2 hours this week** without electronics for true rest, including devoting 20 minutes to Bible reading/prayer/meditating on what God has done for me.

***Step 2 - I will confess to God an area** where I need to quit resting in my own accomplishments and trust only in God's provision.



- Hebrews 4 teaches that many Israelites were banned from Canaan because of disobedience and disbelief. Read Heb. 4:12-13. Why do you think the author concludes a passage about disobedience/disbelief with a statement about Scripture's power to reveal the human heart? When has Scripture revealed lurking issues of disobedience/disbelief in YOUR heart?
- Read Jesus' promise of rest in Mt. 11:25-30. Now read the passage just before that in vs. 20-24. Why did Jesus condemn Chorazin and Bethsaida? Do you see connections between Israel's behavior in Hebrews 4 and these two cities? How do those passages connect to the times in our own lives when we can't seem to find the rest Jesus promises?
- Read Psalm 92, which is a song written for the Sabbath. What suggestions does this psalm have for things you could do during your times of spiritual focus? How could you follow some of these practices in a typical week?