

Resisting A Rest

Revive

Hebrews 3:12-14, 4:1

EXPLORING THE SERMON

- * What did you hear?
- * What did you think or feel about what you heard?
- * What is one thing you can take away from the sermon this week?

KEY VERSES

12 Take care, brothers and sisters,^[a] that none of you may have an evil, unbelieving heart that turns away from the living God. 13 But exhort one another every day, as long as it is called “today,” so that none of you may be hardened by the deceitfulness of sin. 14 For we have become partners of Christ, if only we hold our first confidence firm to the end.

4 Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it.

REFLECTION

As we officially enter into summer, this is an important season for us to understand and appreciate the practice of rest. [Genesis 2](#) teaches us that all of creation has rest built into its foundation, yet so many of us value busyness over rest. When we fall into the “someday I will rest” mentality, we are prone to miss the life and blessings that God has in store for us. Read [Numbers 13-14](#) and reflect on the huge opportunity God provides for rest that the Israelites miss.

What kind of rest do you most long for right now? Where might God be offering you an opportunity for rest this summer that you should not miss?

In verse 4, the writer reminds us of God’s invitation to enter into his rest. And in [Matthew 11:28-30](#), Jesus promises to give rest to all who are weary and heavily burdened. Trusting in his faithfulness, we must take the practice of rest seriously if we hope to be revived. ***Reflect on this quote from Tish Warren in her book, [Liturgy of the Ordinary](#), on sabbath rest: “We are not sufficient; we need a caretaker. And this must affect our bodily routines, our worship, and our view of God. Our culture of restlessness and limitlessness has not only affected our bodies. It has shaped our faith.”***

Consider what rest can look like for you this week — a long walk, journaling, dinner with a friend, or a conversation with a loved one. Practice a [daily examen](#) this week to notice God’s presence. [Meditate on this poem by Wendell Berry](#) as you rest in the grace of God this week. ***Who are the people in your life that help you to be still, not panic, and trust in the living God?***

Heavenly Father, thank you for your holy gift of rest. May we honor you this week by slowing down and trusting in your faithfulness. Amen.