

## Activity Sheet, 21 January 2018

### Have you entered God's rest?

Genesis 2v1-3, Matthew 11v28-30, Hebrews 3v7-12, 4v1-11

- What things stop you from being able to rest (in the sense of being at peace)?
    - God's rest is the climax of creation: this is what we were made for
  - (1) God's rest**
    - satisfaction
      - complete
      - as it should be
    - home [Exodus 40v33, Deuteronomy 12v9-11, Isaiah 66v1, Revelation 21v22]
    - in himself...shared [Hebrews 4v1, 3]
- ▶ 7<sup>th</sup> day is holy because the people God made can now enter his rest
- "Genesis 2v2 tells us that God never does anything else in creation again." True or false? (*Hint*: see John 5v17, Ps 104v27).
  - Where does God live? (a) as far from his creation as possible, (b) or as close to his creation as possible?
  - What can the wicked (= those who don't know God) not have according to Isaiah 57v20?

### (2) Jesus' rest

- offers rest [Matthew 11v28-30, John 17v26]
    - as God – finished work! [John 17v4, 19v30, Hebrews 8v1, 10v12]
    - experienced as man [John 4v34, 5v30]
- ▶ The relationship Jesus has with his Father is shared with his disciples
- John 17v26: "...that the love you [Father] have for me [Jesus] may be in them [those who trust in Jesus]"

### (3) Our rest

- in Jesus [Matthew 11v28, John 14v27, 16v33]
  - not in works [Hebrews 4v10]
  - day of rest
    - God's gift of time, ordered according to his pattern
    - at home with God
- What stops people entering into God's rest? (See Hebrews 3v11-12)
  - In Genesis 1 God creates order in creation. What order does he create in time?

### Questions for discussion:

1. *Augustine*: "We are made for God, and our hearts are restless until we find our rest in him." What evidence could you point to that shows the truth of what Augustine said?
2. What does it mean by "entering God's rest" (e.g. as we find in Hebrews 3 & 4)?
3. What is an unbelieving heart (Hebrews 3v12)? Why does it stop us entering God's rest?
4. How as Christians can we miss out on enjoying God's rest?
5. Why should we have a day of rest?
6. What makes the "Lord's day" special?