



Introduction

Where is the most beautiful place you have been?

What was better, the place itself, or just a photo of it?

What is great about resting and relaxing?

Describe the most enjoyable holiday you have ever had. What made it so restful?

Comprehension

We learnt last week how some of Gods people didn't trust God, and they weren't allowed to enter the land God promised them.

Read Hebrews 4:1-3

¹The promise to enter the place of rest is still good, and we must take care that none of you miss out. ²We have heard the message, just as they did. But they failed to believe what they heard, and the message did not do them any good. ³Only people who have faith will enter the place of rest. It is just as the Scriptures say, "God became angry and told the people, 'You will never enter my place of rest!'"

Why didn't Gods people enter the "rest" (land) God promised them?

Is it only the land of Israel that is God's rest?

What is the place of "rest" that God has promised us?

What does verse 3 tell us about who will enter God's "rest?"

Read Hebrews 4:8-10

⁸If Joshua had really given the people rest, there would not be any need for God to talk about another day of rest. ⁹But God has promised us a Sabbath when we will rest, even though it has not yet come. ¹⁰On that day God's people will rest from their work, just as God rested from his work.

Describe the "rest" promised in these verses.

Read Hebrews 4:11-13

Describe what God's word (the bible) does.

Can we hide anything from God?

Understanding

God has promised us rest, not here, but in heaven.

Who should we have faith in to enter his rest?

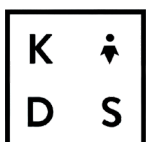
If Gods word shows us we are sinful... is that bad?

Application

What should we do when we are aware of our sin?

What are some ways that we can make sure that we always keep trusting in Jesus?

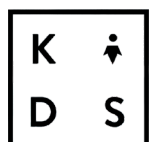
Pray



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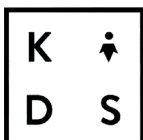
Hebrews 4:12 (CEV) Find a word.

S	P	C	G	L	T	E	D	W	N	I	O	U	A	A
P	S	M	S	R	R	Y	E	T	N	O	L	S	L	D
I	V	R	G	S	E	M	F	X	K	V	T	Y	I	C
R	S	T	E	W	H	E	H	C	C	V	S	A	V	R
I	J	J	H	V	D	Q	T	E	B	V	C	L	E	W
T	F	C	Y	Z	O	G	A	Z	X	B	U	T	F	X
S	G	D	Y	K	S	C	Z	L	X	S	D	O	U	D
R	Z	M	B	T	K	M	S	H	A	R	P	E	R	Z
S	G	U	N	T	Y	P	K	I	O	M	W	V	O	E
F	B	I	C	G	F	Y	T	W	D	P	S	I	S	W
U	O	H	D	I	P	F	S	C	K	G	H	T	Q	H
J	B	D	W	X	R	H	U	B	S	O	R	C	F	S
Y	Z	R	X	X	B	C	L	I	Z	A	X	A	J	I
Z	I	W	B	S	G	P	P	K	E	U	D	N	Q	G
P	Q	N	C	C	I	B	H	H	Q	J	T	H	W	X

Fill in the Blanks _ _ _ _ , and then find the words.

Read through Hebrews 4:12 together. You will find the words to look for after filling in the blanks. (A CEV bible will help the best)

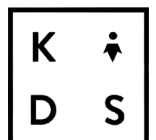
¹² What God has said isn't only _ _ _ _ _ and _ _ _ _ _ ! It is _ _ _ _ _ than any double-edged _ _ _ _ _ . His word can cut through our _ _ _ _ _ and souls and through our _ _ _ _ _ and marrow, until it _ _ _ _ _ the desires and thoughts of our _ _ _ _ _ . (Hebrews 4:12)



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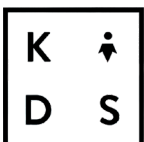


FOR THE WORD OF THE LORD IS LIVING AND ACTIVE



SHARPER THAN A DOUBLE EDGED SWORD

HEBREWS 4:12



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