***Run to Rest***

Hebrews 4 (page 1062)

**Colossians 3:17**

These are a shadow of what was to come; the substance is Christ.

**Matthew 11:28-29**

28 Come to me, all of you who are weary and burdened, and I will give you rest. 29 Take my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls.

**Romans 5:1**

Therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ.

**Three Ways I Can Miss God’s Rest:**

1. I can be hard of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I can be hard of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Numbers 14:11** The Lord said to Moses, “How long will these people despise me? How long will they not trust in me despite all the signs I have performed among them?”

1. I can be in no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**How Can I Enjoy God’s Rest?**

**Hebrews 4:11**

Let us then *make every effort* to enter that rest, so that no one will fall into the same pattern of disobedience.

* Hold on to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Help God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Hear God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Hebrews 4:12** For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.

*Download the YouVersion Bible app and the Faithlife Study Bible.*

* Hail God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*You have made us for yourself, O Lord,*

*and our heart is restless until it rests in you.*

Augustine, *Confessions*