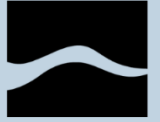


# SERMON NOTES

Today's Rest

Hebrews 4:1-11



BIG IDEA: God's rest is for you today.

# APPLICATION GUIDE

July 25, 2026

## DISCUSS

1. According to Hebrews 4:1-2, what caused the wilderness generation to fail to enter God's rest? What is the connection between their failure and the warning to us?
2. The sermon drew a distinction between trusting "the God who gives good gifts" and trusting "the good gifts God gives." What's the difference, and how would you recognize which one you're actually doing?
3. How does the author of Hebrews use God's rest on the seventh day (Gen. 2) and David's warning in Psalm 95 to show that God's rest isn't tied to a place or circumstance?

## APPLY

1. Biblical rest is defined as "the confident assurance of the heart in God's good purpose and provision." In what area of your life right now are you struggling to believe God's purpose is good or His provision is enough?
2. When you walk through the door after a hard day, what does your default reaction (apathy, escapism, irritability, gluttony, anxiety) reveal about where your faith actually rests?

## COMMIT

Write your own version of Habakkuk 3:17-18 using the specific hardships of your current "wilderness." Read it aloud to God every morning this week.