

HEBREWS

Redeemer Bible Church

Speaker: Virgil Walker

July 25-26, 2026

THERE REMAINS A SABBATH REST (Hebrews 4:1-10)

Main Point: *Because the rest God Himself entered still stands open _____,
we enter it by _____, and we forfeit, as Israel did, only through
_____.*

1. The Promise Still _____ (vv. 1-2)

2. We Enter by _____ (vv. 3-5)

3. Learn from Israel's _____ (vv. 6-8)

4. The Rest That _____ (vv. 9-10)

Our goal every weekend is that you (1) understand the Bible better, (2) get some ideas about how to live your life in light of the Bible, and (3) stand in greater awe of Jesus.

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Growth Questions

These questions are to help you apply each week's message to your life and to help others do the same. Can being honest and vulnerable about your life be intimidating? Is it OK to struggle and have real questions? The answer to both questions is "Yes." Growth Groups are meant to be safe places where we share our answers to the questions below in order to help people know, love & serve Jesus better, together. If you're not in one, email Pastor David Mataya (davidm@redeemeraz.org), and ask about availability. If you missed this or any message, you can go to our website, iTunes, Spotify, Facebook page, or our YouTube channel to get caught up.

1. On the promise that still stands (vv. 1–2)

The sermon drew a line between fearing you might lose the rest and fearing you may never have entered it, and pointed to Paul's command to examine yourself to see whether you are in the faith. Where in your own life do you tend to assume you are "inside" without ever checking the door? What would honest self-examination actually look like this week, and what makes it frightening to do?

2. On entering by faith (vv. 3–5)

Convinced is not "married." Israel believed enough about God to be convinced, but would not entrust themselves to Him enough to move. Name something you are convinced is true about God but have not yet staked your weight on. What would it look like to move from believing about Him to entrusting yourself to Him in that specific thing?

3. On Israel's unbelief (vv. 6–8)

The wilderness generation had the land, the temple, and the visible presence of God, and still could not rest, because standing among God's people is not the same as entering God's rest. What have you been treating as evidence that you are at rest with God, church attendance, family faith, knowledge, service, that could actually be standing near the door rather than walking through it?

4. On the rest that remains (vv. 9–10)

The sermon said you enter God's rest not by working but by ceasing from your own works, resting your weight on a finished one, and that the ceasing is from self-justification while the striving is to believe. Where are you still trying to finish a work Christ has already finished, still earning what has already been secured? What would it mean to stop climbing this week and rest in the completed work instead?

If you need help for any reason, email us at info@redeemeraz.org.

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