

***Stop Making Excuses –
Get Rid of Those Spiritual Love Handles***

Hebrews 4:1-11

It's My Time to Relax - Selfishness

Let's begin by looking at _____.

He rested from His _____ of _____.

Genesis 2:2-3

Hebrews 4:4

“Rest” means the _____ of a particular activity,
not the _____ of all activity.

Hebrews 4:10

Hebrews 1:3

APPLICATION #1

There must be a time when we “rest.” God declared a certain day
_____ (set apart) for purposeful _____ on
what God has accomplished.

Hebrews 10:25 NIV

We need to examine God's _____ of rest to _____.

His promised rest necessitated a deliverance from

_____.

Deuteronomy 5:15

Entering God's rest is for those who _____.

Hebrews 4:6

Hebrews 3:18

How did Israel _____?

They refused to _____ God who said:

Numbers 13:1-2

They refused to _____ in faith on the promise of God.

Exodus 23:27-28

Numbers 14:2-4

They _____ among the people.

Numbers 13:30-32

That whole unfaithful generation _____ in the desert.

Hebrews 4:3

Hebrews 3:16-17

APPLICATION #2

God promised rest to Israel if they would only obey. That rest is a picture of
God's Promised Land of deliverance and victory over our slavery to sin. If you
have no _____ in your life, then you must put off _____
habits and put on _____ behavior as you keep your focus on Christ.

1 Corinthians 15:33-34

This Sabbath-rest is a promise for the _____.

Entering into God's rest, means we must _____
our lives.

Hebrews 4:1

The Sabbath-rest is part of the _____.

Hebrews 4:9

Matthew 11:28-29

This rest is a _____ from God for those who have worked.

Hebrews 4:10

Ephesians 1:3

APPLICATION #3

How does your life demonstrate _____ so that others as well as you
are confident that you are entering into that rest? Would you or others say that
you really demonstrate a _____ for that Sabbath-rest of God as
you _____ out your salvation?

Philippians 2:12

List _____ that you know are clear indicators of your work for
God. _____

While we have the promise of Sabbath-rest to come, we need to be
_____ while we can.

Our work is taking what God says and _____ on it
in faith.

Hebrews 4:2

Combine = to _____, to blend or to co-_____.

J_____ and C_____ are examples of this co-
mingling.

Numbers 14:6-10

Our working is not for _____ but as an
_____ of salvation.

Hebrews 4:11

“make every effort” = do your best, _____, be

2 Peter 3:13-14

APPLICATION #4

It's as if God is saying to us – “Don't just tell others that you are a follower of
Christ, _____ it by your _____.”

List the ways you have _____ your _____ with God's Word.

James 2:14

James 2:24