

# HEBREWS 4V1-13

A CCS Resource  
for Parents & Carers



FOR OLDER KIDS  
& TEENS

ENTER GOD'S REST.



**KEY POINT:**

Enter God's rest by continuing to trust in Jesus.



- Why is it worth being a Christian?
- What is it that Christians have to look forward to?
- How are we meant to get there?



**PRAY** for God's help as you come to His Word  
**READ** [HEBREWS 4V1-13](#)



Rest is a big idea in the Bible. "Rest" means when everything is perfect and at peace, and God's people have His blessing. The rest that the Israelites in Moses' time were looking to was entering the Promised Land, because this is where they would live under God's blessing. This passage shows us that the rest God has planned for those who trust in Jesus is much bigger and better than the Promised Land was for Israel.

- 1) What is the encouragement and warning in v1-3?
  - What must we do?
  - Why must we do this?
  - How do we do this? How is Israel a bad example?
- 2) V4-8 are building up to the big point in v9 - there is still a day of rest for God's people. What 3 events are referred to in v4-8 and how do these make the point in v9?
  - Why are we told in v4 that in Genesis 2:2 that God rested on the seventh day from His work?
  - Why are we told in v5 that the Israelites in the desert would not enter God's rest?
  - Why are we told in v7-8 that in Psalm 95 God warned the Israelites who entered the Promised Land that they wouldn't enter His rest if they didn't listen to Him?
- 3) According to v10-13 how should we respond to God's word and why is this important?



1. How does this passage help you to keep trusting in Jesus to get to heaven?
2. How does knowing we still need to enter this rest help you to keep trusting in Jesus?
3. How do you feel about what you've learnt in this passage? Do you want to ignore it or listen and take the warning and encouragement to keep trusting Jesus seriously?
4. If you want to ignore it, how does v13 keep you from doing this?



**THANK** God that we can still enter His rest and that we don't have to do anything to enter it except trust in Jesus. **PRAY** that this passage will continue to warn and encourage you to keep trusting in Jesus.