

# Jesus, the Giver of Rest



Week Five

## inTro



Read This Week's Passage:  
Hebrews 3–4

### PERFECT REST

Hebrews 1 and 2 focus on Jesus as the ruler and deliverer of God's people. Hebrews 3 and 4 introduce Jesus as the One who provides rest for us. He is better than Joshua who was unable to give the perfect rest God had promised (Heb. 4:8).

Hebrews describes this rest as both a rest that comes from God and a Sabbath rest (Heb. 4:1–11). God made this rest, based on His creation of the world in six days and resting on the seventh day (Heb. 4:4), available to Adam and Eve. Their first Sabbath was an experience of perfection with the One who made that perfection possible. True Sabbath observance enables us to taste and experience to some extent the perfect fellowship with God we will have in heaven and the new earth.

When we keep the Sabbath, we *remember* that God made a perfect world in the beginning at creation and made perfect provision for our salvation through Jesus at the cross. True Sabbath observance, however, is more than an act of remembrance.



## inScribe

Write out Hebrews 3–4 from the Bible translation of your choice. If you're pressed for time, write out Hebrews 4:1–11. You may also rewrite the passage in your own words, or outline or mind-map the chapter.



Go back to your scribed text and study the passage.

**Circle** repeated words/phrases/ideas

**Underline** words/phrases that are important and have meaning to you



Draw **Arrows** to connect words/phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?



Memorize your favorite verse in Hebrews 3–4. Write it out multiple times to help with memorization.

How should keeping the Sabbath help us understand our complete dependence upon God, not only for existence but for salvation?

In what ways can you help build the faith of fellow believers?



Read more at [www.inverseible.org/heb05-3](http://www.inverseible.org/heb05-3)



After looking at your scribed and annotated text, what special insights do your marks seem to point to overall?



What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

How can we practically enter into His rest (in the assurance of salvation in Christ) today?



Read more at  
[www.inverseible.org/heb05-4](http://www.inverseible.org/heb05-4)

# inSpect



What relationship do the following verses have with the primary passage?

- Genesis 2:1-3
- Exodus 33:14
- Joshua 1:13
- Exodus 20:8-11
- Deuteronomy 5:12-15
- Matthew 11:28-30



What other verses/promises come to mind in connection with Deuteronomy 7?

Review your memorized verse from Hebrews 3-4.



Meditate on Hebrews 3-4 again  
and look for where Jesus is.



How is resting on the Sabbath an  
expression of salvation by Christ's  
grace?

How do you see Jesus differently or  
see Him again?

What is He saying to you through  
these texts?

Prayer: How do you respond to  
seeing Jesus in this way?



Read more at  
[www.inverseible.org/heb05-6](http://www.inverseible.org/heb05-6)



Review the memory verse.  
How does it apply to your  
life this week?



After this week's study of the passage, where are areas in your personal life that need true rest?

Who in your relationships and social circles also needs this rest? What can you do about it?

A large grid of small dots for writing notes.



Read more inSight from the Spirit of Prophecy at [www.inverseible.org/heb05-7](http://www.inverseible.org/heb05-7)



## inquire

Share insights from this week's memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.



What is the relationship between Sabbath observance and justification by faith?

How can you learn to keep the Sabbath in a way that, indeed, shows our understanding of what salvation by faith, apart from the deeds of the law, is about?

What have been your past experiences when you have delayed doing what you knew God would have you do right away?

What is the difference between true observance of the Sabbath and a legalistic observance of the Sabbath?

How can the connection between spiritual Sabbath-keeping rest and salvation in Jesus be made stronger in your personal life?

How can you make sure that you never say or do anything that could weaken another's faith?