THE MISSING ELEMENT

If the Bible is the word of God, and God’s word is powerful, then how is it that there are Bible scholars who profess atheism? If Jesus saves all those who call upon His name, then how is it that there are Christians who will go to hell? If the Sabbath is a day of rest, then how is it that there are stressed-out Sabbath keepers?

Apparently, merely having access to the Bible, even with an understanding of its original language, is not sufficient to engender Christianity. Knowing enough about Jesus to profess following Him is insufficient to secure salvation. And ceasing from your secular labor every seventh day is not adequate to ensure that you are experiencing the rest that God intends for the Sabbath.

In all three scenarios, the missing ingredient is the element of faith. Hebrews 11:6 tells us, “But without faith it is impossible to please Him.” Because while salvation is the free gift of God’s grace, faith is necessary to access the salvation: “For by grace you have been saved through faith” (Eph. 2:8, emphasis supplied). In order to enter into true Sabbath rest, we need to exercise faith in the One who gives the rest: “We who have believed do enter that rest” (Heb. 4:3).
Write out Hebrews 4:1–11 from the Bible translation of your choice. If you’re pressed for time, write out Hebrews 4:9, 10. 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 4:1–11. Write it out multiple times to help with memorization.

What does a life of rest in God look like?

How does the weekly Sabbath prepare us to live a life of rest?

Read more at www.inversebible.org/sab07-3
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 would you recognize a Sabbath keeper during the week?

Read more at www.inversebible.org/sab07-4
What relationship do the following verses have with the primary passage?

James 2:14–26
Luke 8:42–48
Ezekiel 20:19, 20
Hebrews 11
Genesis 13:14–17

What other verses/promises come to mind in connection with Hebrews 4:1–11?

Review your memorized verse from Hebrews 4:1–11.
Meditate on Hebrews 4:1–11 again and look for where Jesus is.

What impact does observing the Sabbath have on your faith in Jesus?

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

After this week’s study of the chapter, what applications can be made personally?

What applications can be made publicly and/or socially?

Read more inSight from the Spirit of Prophecy at www.inversebible.org/sab07-7
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 difference between knowing and knowing of or about something?

Which of the two do you use about the Sabbath? About Jesus? Why?

What is the role of faith in your answer to the questions above?

How is Sabbath rest more than just a day? How is it a lifestyle for you?

What is the difference between “day” rest and “lifestyle” rest?

How can you incorporate more of remembering, working, and resting?

How can Jesus help in your Sabbath remembrance?

How has the Sabbath become casual in our lives? Why?