

Faith Rest Part 2

Hebrews 3:7 – 4:13

Welcome back and here we go! Last week we started out talking about the definition of *Faith Rest*. We discovered the Word of God says, the Lord Himself will provide for us in times of testing and then ultimately, that God will never leave us nor forsake us. Then we closed talking about our worries and if...

- A) God will keep His promises.
- B) Is God able to keep His promises?

So is He?

- 1) What is Faith Rest?

I will start every week asking the same question.

Page 1 of the “Grace Notes” Faith Rest handout says the definition of Faith Rest is “the process of understanding, believing and applying the doctrines and promises of God’s Word in times of testing...”

Hebrews 3:7 – 4:13

So again we have the promise of rest --- in which we rest from our works --- meaning resting from trying to please God for reward, trying to fix things ourselves, from fighting battles bigger than ourselves.

See Faith Rest handout, page 3, 2a

- 2) Briefly, name one time you saw God’s hand move in some circumstance that you will never forget.

I often wonder what the people of Israel expected as they walked out of prison.... In the same way, I often wonder what we expect from God... I mean, is everything on a platter or do I have to work my butt off for every victory? Or is there a middle ground?

Numbers 13 – 14:10

See Faith Rest handout, page 4, 2b

- 3) What is Spiritual Stamina?

I love how the text reads “*Faith is the best eyesight in the world...*”.

See Faith Rest handout, page 4, 2c

- 4) Did God know in advance what would happen?
If so, what happened to those who died?

In fact, a group of slaves could never conquer the nations before them. They were not warriors. So what did God do? He provided for them in a desert for 40 years. The next generation grew up seeing the Lord provide for 40 years. They followed God for 40 years. They were more accustomed to believing God at His Word. They were ready for battle.....

I wonder ---- where are you on your journey? Really, we face the same question today. Will we enter the promised land of Faith Rest or will we go back to Egypt? All of these things were recorded for us.

Romans 15:4 *'For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.'*

- 5) (Personal Question) What is or are the GIANTS in your life?

See Faith Rest handout, page 3, col. 1

What do you need today to rest in your faith? Well, first, what has God said about your problem? Do you know what He has said?

Do you believe God will

- a) Provide for you?
- b) Protect you?
- c) Guide you?
- d) _____?

Maybe you need to stop trying to fix it. Maybe you need to ask for help. Maybe you just need to stop. Remember, when Israel walked out of Egypt, what were they thinking?

What are you thinking?

Ultimately, do you trust God?

- 6) (Personal question) What do you need to do to have rest?

For some it may be to just simply trust. For some, they may have to do something. Either way, you need to absolutely believe it will be alright, because it will be!

Next Tuesday – Bible Study “Faith Rest – Part 3”