



May 17, 2020  
Pastor Eric Wakeling

## The Road to Real Rest Hebrews 3:7-19

### Learn from the past Hebrews 3:7-11

Hebrews 3:8 – *“Do not harden your hearts as when they provoked Me, as in the day of trial in the wilderness.”*

- This verse quotes Psalm 95:7-11 that refers to Exodus 17:1-17 and Numbers 20:1-13 while also the greater sins of Numbers 13-14.
- Numbers 14:20 - pardoned but punished. Eternal vs. Temporal.
- **Response:** Commit to reading scripture to learn from biblical past and commit to spending some time in reflection on your own past to learn from those experiences.

### Encourage faithfulness in one another Hebrews 3:12-15

Hebrews 3:13 – *“But encourage one another day after day...so that none of you will be hardened by the deceitfulness of sin.”*

- We need to look out for each other. We need to notice when a brother or sister is struggling.
- Encouragement is the antidote to the deceitfulness of sin.
- **Response:** Choose one person who you will encourage this week and do it!

### We can't have rest without obedience Hebrews 3:16-19

Hebrews 3:18 – *“And to whom did He swear that they would not enter His rest, but to those who were disobedient?”*

- Lack of belief is what kept the Israelites out of the Promised Land. Their unbelief led them to disobedience.
- Three types of rest
  - Canaan rest - Cease struggling with the enemy and trust in the power of God.
  - Creation rest - Trust in the completed work of God like the rest after six days of creation. Trust the finished work of Messiah and don't return to the Law. This is redemptive rest.
  - Sabbath rest - The spiritual rest of spiritual maturity.
- **Response:** In prayer, ask God to reveal any areas of unbelief or disobedience that are preventing you from entering true rest.



# DIGGING DEEPER

## HEBREWS 3:7-19

### 1 Preparation

If possible, find a quiet and comfortable place. Rid yourself of distractions such as your phone, television, school work, interruptions from others, etc. Open yourself to God and intend to learn from Him. ***“Lord, here I am, I present myself to You. Open my heart to the truth of what is going on in my life.”***

### 2 Read the Text: Hebrews 3:7-19

Read the text a few times until you have a clear understanding of what the passage is saying.

### 3 Contemplate + Journal

Spend time thinking about and journaling your thoughts to the following questions. If you meet with a LifeGroup, you can also share your responses with them and have a great discussion.

- What is a word or phrase the Lord impressed on you in this time? Meditate on that.
- Hebrews 3:9 speaks to God’s faithfulness to His people as they were in the wilderness. Can you recall seasons of your life when you felt as if you were “in the wilderness?” Consider how God was faithful in these seasons.
- What does it mean to “enter into God’s rest?”
- What does it look like for you to find rest in this particular season?
- How and what do you feel right now? Is there a specific situation in your life today that relates to this passage today? Pray through this for a moment.

### 4 Praise + Worship

Worship is an act or mindset shift that realigns us to the reality of who God is. Find this song on Spotify, YouTube, AppleMusic, etc. and the lyrics if you would like to read or sing along. Make this song your prayer and declaration of praise and worship as you hear truths being sung over you. Allow the Lord to minister to your heart in this time.

**Song Recommendation: “Rest In You” by All Sons & Daughters**

### 5 Closing Prayer

Spend some time in prayer. Whether it is simply sitting in God’s loving presence, expressing thankfulness and gratitude, and/or offering up supplication, pray what is on your heart at this time.

### 6 Blessing

*May you find true rest as you take Jesus’ easy yoke upon you, knowing that His yoke is easy and His burden is light. May you experience His peace as you find rest in Him. **Scripture Reference: Matthew 11:28-30***

## NEXT STEPS

**Your Response Today:** Do you want to take a next step in your faith, ask for prayer, or learn more about following Jesus? Take a moment to fill out our online connection card by texting **"Card"** to **970-00**

**Connect in a LifeGroup:** LifeGroups at Calvary are now meeting using online platforms! Contact Pastor Robert Carter at [rcarter@calvarylife.org](mailto:rcarter@calvarylife.org) if you would like help setting up a way for your existing group to connect online. Browse existing LifeGroups and consider joining one for the summer season at [calvarylife.org/groups](https://calvarylife.org/groups)

**Discover More:** Learn about ways you can connect to life at Calvary including weekly pastoral updates and online events, find resources to receive care and help through this season, and discover how we are reaching out with the good news of Jesus locally and globally at [CalvaryLife.org](https://CalvaryLife.org)

## 2020 ANNUAL MEMBERSHIP MEETING

**Sunday, May 24 at 10:45am** (*immediately following the All-Church United Service at 9:30am*):

This meeting is for all members to attend online as we share important leadership updates, stories of God at work locally and globally, and hold the annual elder affirmation vote. You may participate in that vote online during the webinar or return the ballot by mail before Sunday, May 24.

- Find a link to connect via a Zoom Webinar at [calvarylife.org/meeting](https://calvarylife.org/meeting)
- You may also call in and listen toll-free **(855) 586-7606**

## RESOURCES

**Worship Service Live-Stream:** Calvary will not be having in-person, on-campus groups or services until further notice. The Worship Service will be streamed live online each Sunday at 9:30am. Find ways to watch and resources for you and your family on our website at [calvarylife.org/live](https://calvarylife.org/live)

**Family Activities:** Find ways to help "do church" with your kids and fun activities to build their faith each Sunday and throughout the week with great resources provided by Calvary Town at [calvarylife.org/town](https://calvarylife.org/town)

**Find Help or Give Help:** Do you need assistance or encouragement in this season? Or, do you want to get involved and be available to help others in need? Find ways to receive help or give help at [calvarylife.org/help](https://calvarylife.org/help)

**Ways to Give:** Please pray for those who are affected economically by this virus and for our church finances as well, that God would sustain and provide through this challenging season. Please consider mailing a donation to the church or you can give online simply and securely this week at [calvarylife.org/give](https://calvarylife.org/give)

