



May 31, 2020

Guest Speakers:

Bob Shank & Noah Elias

## Sabbath: Refreshed, not Retired Hebrews 4:1-11

<sup>1</sup> Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. <sup>2</sup> For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. <sup>3</sup> Now we who have believed enter that rest, just as God has said,

“So I declared on oath in my anger,  
‘They shall never enter my rest.’”

And yet his works have been finished since the creation of the world. <sup>4</sup> For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” <sup>5</sup> And again in the passage above he says, “They shall never enter my rest.”

<sup>6</sup> Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, <sup>7</sup> God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted:

“Today, if you hear his voice,  
do not harden your hearts.”

<sup>8</sup> For if Joshua had given them rest, God would not have spoken later about another day. <sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God’s rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



**Bob Shank** is the Founder/CEO of The Master's Program, a strategic life mentoring program for Christian marketplace and ministry leaders. His 40+ year career includes 14 years as an entrepreneur in the construction industry, four years as Senior Pastor of a mega-church in California, and 25 years as a founder/CEO in the non-profit sector. Today, he serves on governing boards of churches, ministries, and foundations across America. Bob is the author of *Life Mastery*, *Total Life Management* and *Full Time: Your Life is Your Calling*. More at [mastersprogram.org](http://mastersprogram.org)



**Noah Elias** is a believer, husband, father, artist, author, mentor and member of Calvary since 1985. He has grown his businesses from selling art door to door on a bike at 16, to creating art for clients such as Universal Pictures, Lucasfilm & Disney, to telling his own stories through art. There came a point in his life when he realized that there was more to life than being a successful business man and providing for his family. He wanted to help change the world using creativity and stories, and feels called to help others build a life not just of success but of significance. More at [noahelias.net](http://noahelias.net)



# DIGGING DEEPER

## HEBREWS 4:1-11

### 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 4:1-11 & Psalm 46

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 4:11 calls us to “strive to enter that rest;” Psalm 46:10 says, “Be still, and know that I am God.” In what ways do you/can you strive to rest? What would it look like for you to be still?
- How and what do you feel? Is there a specific situation in your life today that relates to this passage? Pray through this for a moment.
- Sabbath is a full day set aside for restful worship. What would it look like to practice sabbath on a weekly basis? What are your fears/worries about doing this? What are your hopes in doing this? Share it with the Lord.

### 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: “Wash Me Clean” by Josh Garrels**

### 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 in this time.

### 6 Blessing

*“May the peace of God bring you true rest and His love hold you close. May the joy of the Lord uphold you day and night, today, tomorrow, and forevermore.”*

## 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:** Grow in community together this summer with others from Calvary. There will be some groups meeting online throughout the summer, as well as smaller off-campus groups meeting in-person starting in June. Browse groups to join, or consider helping to start a new group using a Bible Study resource on Sabbath, The Lord’s Prayer, Psalm 23, or Digging Deeper in Hebrews 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)

## 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)

## ELDER UPDATE

**Elder Affirmation Vote Results:** The following Elder nominees were presented to the congregation on Sunday, May 24 and, having received the affirmation of at least two-thirds (2/3) of those Members in Good Standing voting in the online Annual Meeting or by mail-in vote, are approved and confirmed as Elders: Ross Bennett and Rick Cavecche for a first term of service, and Neil Paur for a second term of service. Discover more about Calvary’s Elders at [calvarylife.org/leaders](https://calvarylife.org/leaders)



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