

All-In: The Rest of God

Hebrews 3:1–2 NLT

And so, dear brothers and sisters who belong to God and are partners with those called to [from] heaven, think carefully about this Jesus whom we declare to be God's messenger and High Priest. For he was faithful to God, who appointed him, just as Moses served faithfully when he was entrusted with God's entire house.

Hebrews 3:6–11 NLT

But Christ, as the Son, is in charge of God's entire house. And we are God's house if we keep our courage and remain confident in our hope in Christ. That is why the Holy Spirit says, "Today when you hear his voice, don't harden your hearts as Israel did when they rebelled, when they tested me in the wilderness. There your ancestors tested and tried my patience, even though they saw my miracles for forty years. So I was angry with them, and I said, 'Their hearts always turn away from me. They refuse to do what I tell them.' So in my anger I took an oath: 'They will never enter my place of rest.' "

Hebrews 3:12–15 NLT

Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God. You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God. For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ. Remember what it says: "Today when you hear his voice, don't harden your hearts as Israel did when they rebelled."

Hebrews 3:16–19 NLT

And who was it who rebelled against God, even though they heard his voice? Wasn't it the people Moses led out of Egypt? And who made God angry for forty years? Wasn't it the people who sinned, whose corpses lay in the wilderness? And to whom was God speaking when he took an oath that they would never enter his rest? Wasn't it the people who disobeyed him? So we see that because of their unbelief they were not able to enter his rest.

Hebrews 4:1–3 NLT

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter his rest. As for the others, God said, "In my anger I took an oath: 'They will never enter my place of rest,'" even though this rest has been ready since he made the world.

Hebrews 4:6–11 NLT

So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted: "Today when you hear his voice, don't harden your hearts." Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

"Enter that rest" – *A change of state from activity or work to a cessation from work that results in a feeling of refreshing tranquility and an absence of tension or worry; especially that God provides.*

Five Keys to Entering the Rest of God

1. Respond to God's voice, "Today."

Matthew 6:30–34 NLT

And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

2. Practice catching unbelief early before it becomes disobedience.

3. Choose “today-faith” over anxious self-control.

Philippians 4:6–7 NLT

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

4. Let God’s Word expose what’s driving you – then surrender.

Hebrews 4:12–13 NLT

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

5. Embrace accountability to God and to the church community.

Hebrews 4:14–16 NLT

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Small Group Guide: The Rest of God

Opening Question

What is one area of your life where you most feel the pull of worry, anxiety, or fear right now?

Drifting Away From Rest

Hebrews 3 and 4 make it clear that God's rest is real, available, and worth pursuing, but it is not automatic. Meaning, believers can drift away from that rest by allowing unbelief, fear, and self-reliance to take root. Israel saw God's miracles, yet still hardened their hearts and failed to enter His rest. The warning is simple but serious: hearing God is not enough if you do not respond in faith. The good news is that God's promise still stands, and His rest is still available "today." The issue is not whether God is willing; the issue is whether we will trust Him and respond.

The enemy works hard to keep us trapped in the past or anxious about the future – he does this because rest is only found in the *present moment of trust*. God's rest is a daily invitation, not a future promise. We do not enter it by striving harder, but by believing God, surrendering our fears, and choosing obedience in the moment.

In the accompanying sermon notes, you'll find the five keys to entering the rest of God that Pastor Jimmy shared. They are not a formula but are a way of living with our hearts open to God: 1) respond to His voice today 2) catch unbelief early 3) choose faith over anxious self-control 4) let God's Word expose what is driving you, and 5) embrace accountability in the church community. Rest grows where trust grows. And trust grows when you keep turning toward Jesus, every day.

For Discussion

1. The Israelites saw God's power but still failed to enter His rest because of unbelief. What are some signs that unbelief is starting to show up in your own life before it becomes open disobedience?
2. In this message, Pastor Jimmy said the enemy tries to keep you out of "today" by pulling you into shame about the past or fear about the future. Which direction do you tend to drift more often, and why?

3. The message says, “You must warn each other every day.” Why do you think community is so important when it comes to staying spiritually grounded and living in God’s rest?

Challenge

Choose one of the five keys and practice it intentionally this week:

- Respond to God’s voice today.
- Catch unbelief early.
- Choose faith over anxious self-control.
- Let God’s Word expose what’s driving you.
- Embrace accountability to God and the church community.

Prayer

Lord, thank You that Your rest is still available today. Help us hear Your voice and not harden our hearts. Expose the lies, fears, and unbelief in us, and teach us to trust You with our whole hearts. Help us walk in faith, rejecting fear, and give us the courage to stay connected to Your people. Jesus, thank You that You understand our weakness and invite us boldly into Your presence. We receive Your mercy and grace today. In Jesus’ name, Amen.