

JESUS IS **BETTER**

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**January 6 & 7, 2018
Week 7 – A Better Sabbath**

Introduction:

Question for the New Year: Are you at REST?

Hebrews 4:1-2

Two Kinds of Hebrews Receiving this Letter:

_____ of Christ

Genuinely re-born, but doubts and struggles of the flesh weighing them down and tempting them to go back under OT Law...

_____ of Christ

Hanging around with the true believers, but never really placing their personal faith in Jesus for themselves...

Matthew 11:28-30

Hebrews 4:3-5

Hebrews 4:6-10

Hebrews 4:11

The Big Idea / Life Application:

Objectively, we are already IN God's rest. Jesus earned it for us and gave it to us as a free gift. Subjectively, the world, flesh and devil seek to rob us of the joy of experiencing God's Sabbath-rest on a daily basis.

What if the most difficult thing you will ever "do" as a believer is simply rest?
What if you were more productive, more fruitful and more energized as a result of making "every effort" to experience God's rest on a daily basis?

SMALL GROUP Q'S

Personal Life:

1. Have you made any New Year's resolutions for 2018? Have you broken any already? Share with your group as you feel like doing so...

Ponderings:

2. Why is the idea of a New Year so attractive for many people in terms of starting over, making new commitments, etc.? What's so magical about a particular day on the calendar that it would inspire this in so many?
3. In the weekend message, we discussed the idea of "resting from our works" and entering into God's rest, in order that we might actually bear MORE fruit and be MORE energized as a result. Does this seem paradoxical to you, or does it make perfect sense? Discuss...
4. Under Law, God wanted His people to rest every seven days, and rest their land every seven years, as an act of trusting Him to provide. How is the Israelites' refusal to enter God's rest on their journey through the desert a physical metaphor of spiritual journey each of us are on?
5. If it's possible for a new creation, a true believer in Christ, to be objectively in God's rest but not subjectively experiencing it in day-to-day life, how does this happen? What does "unbelief" look like in the daily life of a believer in Christ?
6. Practically speaking, taking a day off from work each week is a wise thing to do. Our bodies and souls need time to recover, reflect and re-calibrate. However, spiritually speaking, we are now able to be at rest 24/7/365 in Christ. Is this typically your experience? Why or why not?

Promptings:

7. One of the great recurring themes of scripture as it relates to our discipleship is that "less is more." Busy-ness doesn't equal effectiveness. Are there changes you can make this year in the way that you manage your time, your energy and other resources to reflect a deeper attitude of restfulness? Are you willing to trust that God will produce even greater fruit in your life as you do?