



# LISTEN UP!

Hebrews 4v1-13– A Sabbath Rest



**STEP 1** – Find the book of **Hebrews** in your Bibles...

**STEP 2** – Follow in the Bible and **Listen Up!**

**Key phrase...**

E \_\_\_\_\_ his R \_\_\_\_\_



Repeated \_\_\_\_\_ times

The door remains... **O** \_\_\_\_\_ !!!



**1) What is the \_\_\_\_\_ ?**

Match up the answers on the left with the summary on the right...

- Rest in \_\_\_\_\_ There is a glorious rest still to come
- Rest in \_\_\_\_\_ God made us to rest in his presence forever
- Rest in \_\_\_\_\_ Rest is available now
- Rest in \_\_\_\_\_ God’s people rested (partially) in Canaan

I’ve made a few mistakes writing out the verse below? Circle the mistakes and match up with the words that Jesus actually used...

**Mt 11v28:** “Come to me, all you who are big and strong, and I will give you rewards.

weary and burdened

Rest

*Chat over lunch about the final rest that God has promised...*

What makes you smile most? \_\_\_\_\_

**V11:** Let us, therefore, make every E \_\_\_\_\_ to enter that rest...

## 2) How do we \_\_\_\_\_ ?

By believing the **G** \_\_\_\_\_ **N** \_\_\_\_\_

Complete the equation below...

Hearing + \_\_\_\_\_ = Resting

What do we learn about God's word in v12? Note there's at least 6 things!!

\_\_\_\_\_

\_\_\_\_\_

*Chat about each over lunch...*

**In summary...**

We **E** \_\_\_\_\_ God's **R** \_\_\_\_\_ by **B** \_\_\_\_\_ **V** \_\_\_\_\_ what God's

**W** \_\_\_\_\_ says about God's **S** \_\_\_\_\_

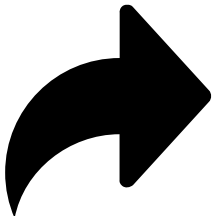


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### STEP 3 – During / After the preach...



Have you got any questions about what you've heard? If so write them down...



What is God calling you to do? Write it down...



What do you need God's help with? Write it down...