



# EXPERIENCE HIS REST

## Week 1 R&R Devotional

### Big Idea:

*As we embrace God's Word and apply it to our life, we can enter His perfect rest regardless of what we may face.*

### **Scripture – Hebrews 4:9-16**

*<sup>9</sup> So there is a special rest<sup>ff</sup> still waiting for the people of God. <sup>10</sup> For all who have entered into God's rest have rested from their labors, just as God did after creating the world. <sup>11</sup> So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall. <sup>12</sup> 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. <sup>13</sup> 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. <sup>14</sup> 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. <sup>15</sup> This High Priest of ours understands our weaknesses, for he faced all of the same testing's we do, yet he did not sin. <sup>16</sup> 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.*

"I'm so tired, and I need to rest". That's a statement we usually say when we have reached a

point of fatigue and mental and physical exhaustion. Considering all that has taken place throughout the last year and a half as we have dealt with Covid, we have all found ourselves mentally and physically exhausted with the weight and pressures of life. The good news is that God can refresh us and provide us with His rest. It's important for us to understand that God's rest doesn't mean we are just chilling by a pool having a good time. Please know that there is nothing wrong with relaxing by a pool and having a good time, especially dealing with the heat of summer. In fact, one of the ten commandments is to practice the Sabbath which is a day of rest. So please take time once a week to have fun and relax. However, the rest described in this scripture is not about relaxation or leisure. It is about the rewards which come once we have completed the works we are assigned (Hebrews 4:9-10). In the same way God rested after he had created the heavens and the earth, we will find rest when we are obedient to complete what God has asked of us. Just like those times you couldn't rest until you finished the task you had at home or work. In the same way as followers of Jesus we ought to make every effort to obey God and follow His Word to complete His will and purposes for our lives.

As mentioned in Hebrews, the real problem for Israel at Canaan was a failure to obey God, due to fear. Israel only forfeited their rest in Canaan when they failed to complete the tasks given to them by God (Hebrews 4:6). Note that the key to our ability to complete what God is asking of us is the Word of God, specifically the written Scriptures, the Bible (Hebrews 4:12). Like a razor-sharp knife, the living and active Bible can distinguish the most inner parts of who we are. His Word exposes the unhealth within us. This is not to condemn us but to draw us closer to Him and help us become more like Jesus. Verse fifteen makes it clear that God has a strong sympathy for our weaknesses (Hebrews 4:15). Not only has Christ experienced our suffering, temptation, and struggle, He has done so without falling to sin. This makes Him our perfect example, and our perfect sacrifice. It also gives us confidence to approach Him in prayer. Since He knows first-hand what it means to be human, He understands our flaws. We don't have to be afraid to bring Him our fears, failures, and needs (Hebrews 4:16). Because of God's great love and grace for us, we can experience His rest as we seek God and obey His Word.

Let's be intentional this summer to R&R (Read & Reflect) upon God's Word so that we can find clarity regarding what it is God is asking of us, and we can experience His perfect rest!

#### This Week's Memory Verse

2 Timothy 3:16-17(NIV) <sup>16</sup>All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup>so that the servant of God<sup>[a]</sup> may be thoroughly equipped for every good work.

#### This Week's R&R - 2 Kings 23

This week we would like to encourage you to read 2 Kings 23 and read and reflect on the response that the young King Josiah had to reading God's law and the reformation that came from it. As you practice the SOAP method think about how this chapter encourages you to apply God's Word in your life.