

ENTERING HIS REST

17 MAY 2026



There remains, then, a Sabbath-rest for the people of God . . .

— Hebrews 4:9 (NIV)



EVERY NATION
SINGAPORE



PRAY

- Thank God for an answered prayer this week.
- Ask God to deepen your understanding of His rest and help you follow Jesus faithfully.



MEDITATE

Engage

Start the conversation with this question...

What's something that becomes harder to stay focused on when life gets busy?

Key Points

Connect to God's truth by sharing...

- In Hebrews 3, we learned about God at rest and how He invites His people to rest in Him. Now, in Hebrews 4, let's see how we can faithfully respond and make every effort to enter His rest—both now and in eternity.
- **Put our faith on Jesus as our Savior and follow Him.** As we trust and obey Him, we can enter His rest (Heb 4:3), face life's challenges with confidence, and look forward to being with Him forever.
- **Resist temptation to rely on ourselves or harden our hearts to His message** (Heb 3:8). We must keep our eyes on Jesus (Heb 3:1) and not let life's pressures pull us away from trusting Him.
- **Encourage one another to endure in faith.** God designed us to stay strong in fellowship with others—helping each other to remain faithful.
- Most importantly, we enter God's rest not by our own strength, but by trusting Him, who is faithful to keep His promises.

Discuss Together *(pick at least one)*

- What is one practical step you can take this week to trust God and keep focused on His Word and His voice?
- What are some distractions, pressures, or discouragements that pull your focus away from God?
- Share a time when someone helped you stay consistent or focused on God's Word above the world's.
- Who can you encourage this week to keep trusting God and staying faithful to Him?



PROCLAIM

Declare this truth based on your identity in Christ

Key Truth

In Christ, I can faithfully follow Jesus and enter into His rest.

Pray Together *(pick at least one)*

- Thank God for His faithfulness and His promise of rest for His people.
- Ask Him to help you stay focused and not be distracted from following Him.
- Pray for strength to endure and encourage one another in faith.
- Pray for each other's prayer requests.

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Let us, therefore, make every effort to enter that rest . . .

— Hebrews 4:11 (NIV)