

Heavenly Rest

Sermon Series - Why I'm a 7th-day Adventist

Connect:

10-15 min

- * How would you rate your level of tiredness? (A) Burnt out, (B) Worn down but holding on, (C) Charged up and ready to go, (D) Other?
- * Have you ever felt you needed a vacation right after coming back from one? Why or Why not?

Study:

25-30 min

- * How was the message on experiencing Sabbath rest helpful, challenging or troubling?
- * Where does rest come from? **Matthew 11:28-30**
- * What is special about Saturday? **Genesis 2:2-3**
- * What kept Israel from entering God's rest? **Hebrews 3:17-18**
- * What made Canaan a place of rest for Israel? **Nehemiah 9:24-25**
- * How do we enter the Sabbath rest? **Hebrews 4:10-11**

Apply:

15-20 min

- * How might Sabbath rest prepare us to enter the Heavenly Canaan?
 - * Aside from getting more sleep, how could your life be more restful?
 - * What preparations can you make to enter the Sabbath rest next week?
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