

Hebrews 4:1-11  
The Resurrection of Rest  
April 5, 2026 – Easter Sunday  
Fifth Reformed Church  
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### **The Gravitas of Going Our Own Way**

- We \_\_\_\_\_ God's rest in the fall.
- Genesis 3:7
  
- True rest \_\_\_\_\_ on our relationship with God.
- Genesis 3:8
  
- We \_\_\_\_\_ rest was for restlessness, and it was a horrible trade.
- Genesis 4:13-14
  
  
- The resurrection of Jesus \_\_\_\_\_ the possibility of entering God's rest.

### **God's Rest**

- God's rest is both a \_\_\_\_\_ reality and a \_\_\_\_\_ promise.
  
- God's rest is \_\_\_\_\_ in God's presence.
  
  
- God's rest is what we \_\_\_\_\_ through a renewed relationship with God.

### **The Present Opportunity**

- Hebrews 4:6-7
  
- The door to God's rest is \_\_\_\_\_.
  
- "Today, if you hear his voice, do not harden your hearts" (Hebrews 4:7).
  
- Hebrews 4:9-11
  
  
- Easter is an invitation to \_\_\_\_\_ in the resurrection of rest.

### **Reflection Questions**

1. Where in your life do you recognize the presence of spiritual restlessness?
2. How is our experience of restlessness related to the fall?
3. Based on what was shared in the message, how would you describe God's rest?
4. How does the resurrection of Jesus restore the possibility of entering God's rest?
5. What stood out most to you in the scripture or sermon?
6. How is God getting your attention?
7. What might God be saying to you?
8. What is your next step of faith based on what you're hearing?