

Small Group Sermon Response

Date: May 14, 2024

Speaker: Peter Worrall

Occasion: Mother's Day

Title: "Rest"

Last Week's Sermon Summary

On May 5th, Pastor Caleb Widmer's sermon "Watch Out!" focused on Hebrews 3:7-19, leveraging Psalm 95 to emphasize faithfulness and vigilance against an unbelieving heart, as exemplified by the Israelites during their wilderness journey.

Introduction

Peter Worrall's Mother's Day sermon expanded the concept of rest as presented in Hebrews 4, tying it back to the rest that God Himself took on the seventh day of creation in Genesis 1: "On the seventh day God had finished his work of creation, so he rested from all his work." This rest is not merely physical but is deeply spiritual, offering believers a state of completeness through faith in God's promises.

Discussion Questions

- Biblical Concept of Rest:** How is the rest in Hebrews 4 connected to the rest God took in Genesis 1? What does this suggest about the nature of the rest offered to us?
- Entering God's Rest:** What conditions are laid out in Hebrews 4 for entering God's rest, and how do these relate to the warning in Psalm 95 about hardening our hearts?
- Historical Example of Israel:** How do the wilderness wanderings of Israel, referenced in Psalm 95 and cited in Hebrews 3:7-11, serve as a warning against failing to enter God's rest?
- Urgency of the Message:** In the context of "Today, if you hear his voice, do not harden your hearts" from Psalm 95 and repeated in Hebrews, what is the significance of responding immediately to God's invitation?

Application Questions

- Implementing Rest in Daily Life:** Considering the scriptural call to rest, what are some specific actions or habits you can adopt to enter into and maintain this rest each day?
- Community Support for Rest:** Discuss how your small group can help each other embrace the biblical concept of rest. What commitments can we make to each other to support this?
- Explaining Spiritual Rest:** How would you explain the interconnectedness of rest in Genesis, Psalm 95, and Hebrews to someone new to the faith?
- Rest for Caregivers:** Reflecting on the unique challenges faced by mothers and caregivers,

how does the concept of God's rest resonate with their experiences? How can the community support them in achieving this rest?

Theological Implications of Rest: Justification, Sanctification, and Glorification

Rest in Scripture spans from the physical rest God exemplified after creation to the spiritual rest offered through Christ:

- **Justification:** Romans 5:1 speaks to being justified by faith, leading to peace with God through Christ, symbolizing the initial rest from striving.
- **Sanctification:** In Philippians 2:12-13, believers are called to actively rest in God's ongoing work in their lives, highlighting a continuous journey towards holiness.
- **Glorification:** According to Romans 8:30, the eternal rest awaits in glorification, marking the ultimate fulfillment of God's promises.

Conclusion

Today's sermon by Peter Worrall on God's rest invites us to a deeper understanding of the spiritual peace and fulfillment available through Christ. This rest is foundational to our faith journey, impacting our approach to life's challenges and our spiritual growth.

A Brief History of Mother's Day

From its ancient roots to the modern celebration initiated in 1914 by Anna Jarvis, Mother's Day has evolved to recognize the profound impact of mothers. This day is an opportunity to honor their sacrifices, encouraging us to support them in finding the rest they deserve.