



Open it

1. What are some things you do to give yourself a break?

Daily Devotions

Day 1

Today's Theme: Explore It

Read Hebrews 4:1-13

2. Why doesn't the good news benefit all who hear it?
3. What is the reason some fail to enter God's rest?
4. What should we do if we have not entered God's rest?
5. How is the Word of God described in the passage?

Day 2

Today's Theme: Are You Following?

Read Hebrews 4:1–5

The good news of the Gospel has been shared with us. God has redeemed us from sin through His only Son, Jesus, through His death and resurrection, and has given us the opportunity to be in a relationship with Him. Even though this good news has been shared with a lot of people, some do not respond to this in a way that looks like pursuing a relationship with Jesus.

Some people hear this news and think that they have a relationship with Jesus because they heard the good news. They think they are in the clear and they are good to go. But the reality is, we can't just hear this message, we need to believe it! And believing something leads to action. Relationships take a lot of work. You probably have arguments or difficulties with your friends or family at different times, but you are in relationship with them, because you stick with them through those difficulties, not because you don't experience those difficulties.

If we want a relationship, a true deep relationship, with Jesus, we are going to go through some difficult times. It's not easy, but we have to push through. It's not something that we experience one day and carry on with our lives, but something that affects our everyday life.

6. The author of Hebrews gives us a fair warning that not all people who hear the Gospel will enter God's rest. How can we know that we will enter God's rest?

7. At some level, we can experience glimpses of God's rest here on earth. In what ways have you seen this?

Day 3

Today's Theme: Dealing with Disobedience

Read Hebrews 4:6–10

It is really clear in this passage that one thing prevents us from experiencing rest from God—sin. That's not good news for us, because we all sin, right? So how can we experience God's rest? Luckily, the answer to that is also in the passage. Later it says that if we hear God's voice we shouldn't harden our hearts. Our faith in the Gospel message will lead us to experiencing God's rest.

One of the best ways to live out our faith is through the practice of repentance. There's an idea throughout the Bible that when people look to themselves, their hearts become hard, and when they turn to God, God will soften their hearts. The way that we deal with sin is through repentance. But like we talked about yesterday, this isn't just a one-time thing. This is something we can regularly practice every day. A repentant heart is a heart that will experience God's rest here in everyday life, and a faithful heart is one that will experience God's rest for eternity.

8. What are some practical ways that we can practice repentance?

9. Repentance is often talked about as something that we do after we sin, but a lifestyle of repentance will take action to avoid sins before we commit them. What are some sins that you need to take action to avoid?

Day 4

Today's Theme: The Word of God

Read Hebrews 4:11–13

This passage talks about listening for God's voice and concludes by telling us exactly what God's voice sounds like. It sounds like Scripture! The passage describes Scripture in a very unique way. It is described as living and active!

We need to be careful with this though. A lot of people understand that the Bible being active means that it can change, or at least its interpretation can change. That could not be farther from the truth! Read Isaiah 40:8, Psalm 102, or 2 Timothy 2:13. God does not change, and His word does not either!

So, what does it mean that God's Word is living and active? It means that it is still here. It is still relevant. It is still applicable. It is still important. It is still what God uses to communicate with us. It is important that in order to grow in our relationship with Jesus, we should become very familiar with what He says, and we can grow deeply, because He doesn't change.

10. Why is it important to know that the meaning of Scripture doesn't change?

11. How have you experienced God's Word in a "living and active" way?

12. How can we find comfort in the fact that God speaks to us and we have direct access to His voice by opening up our Bibles?