

BELPRES CHURCH

Sermon Title: Restore

Icebreaker Question: What is something you've always wanted to start or try or learn to do?

Opening Question: Looking back to last week's sermon and scripture... How did you live differently or practice what we talked about in your life this week? What did you do and how did it go?

This week's scriptures: Hebrews 4:1-12

"Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest, just as God has said,

"So I declared on oath in my anger,
'They shall never enter my rest.'"

And yet his works have been finished since the creation of the world. ⁴ For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." ⁵ And again in the passage above he says, "They shall never enter my rest."

⁶ Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, ⁷ God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice,
do not harden your hearts."

⁸ For if Joshua had given them rest, God would not have spoken later about another day. ⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

Numbers 13:26-14:10

“They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. ²⁷ They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. ²⁸ But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. ²⁹ The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan.”

³⁰ Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.”

³¹ But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” ³² And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. ³³ We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.”

14 That night all the members of the community raised their voices and wept aloud. ² All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, “If only we had died in Egypt! Or in this wilderness! ³ Why is the LORD bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn’t it be better for us to go back to Egypt?” ⁴ And they said to each other, “We should choose a leader and go back to Egypt.”

⁵ Then Moses and Aaron fell facedown in front of the whole Israelite assembly gathered there. ⁶ Joshua son of Nun and Caleb son of Jephunneh, who were among those who had explored the land, tore their clothes ⁷ and said to the entire Israelite assembly, “The land we passed through and explored is exceedingly good. ⁸ If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. ⁹ Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them.”

¹⁰ But the whole assembly talked about stoning them. Then the glory of the LORD appeared at the tent of meeting to all the Israelites.”

Scripture Reflection Questions: Read this week’s scripture together and discuss the following:

- What is the author warning his readers about from the story of Israel's rebellion?
- What is the rest promised by God?

Sermon Reflection Questions: Reflecting on this week’s sermon, discuss the following:

- What would help you enter God's rest and observe sabbath?
- How will you prepare?

Closing Question and Application: Given what we've discussed together today, how might God want you to apply these learnings to your life or in the life of your community this next week? Who might you share this with?

Closing group prayer: Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement in the week ahead.