



# Hebrews 4: 1-13



Rest for the people of God

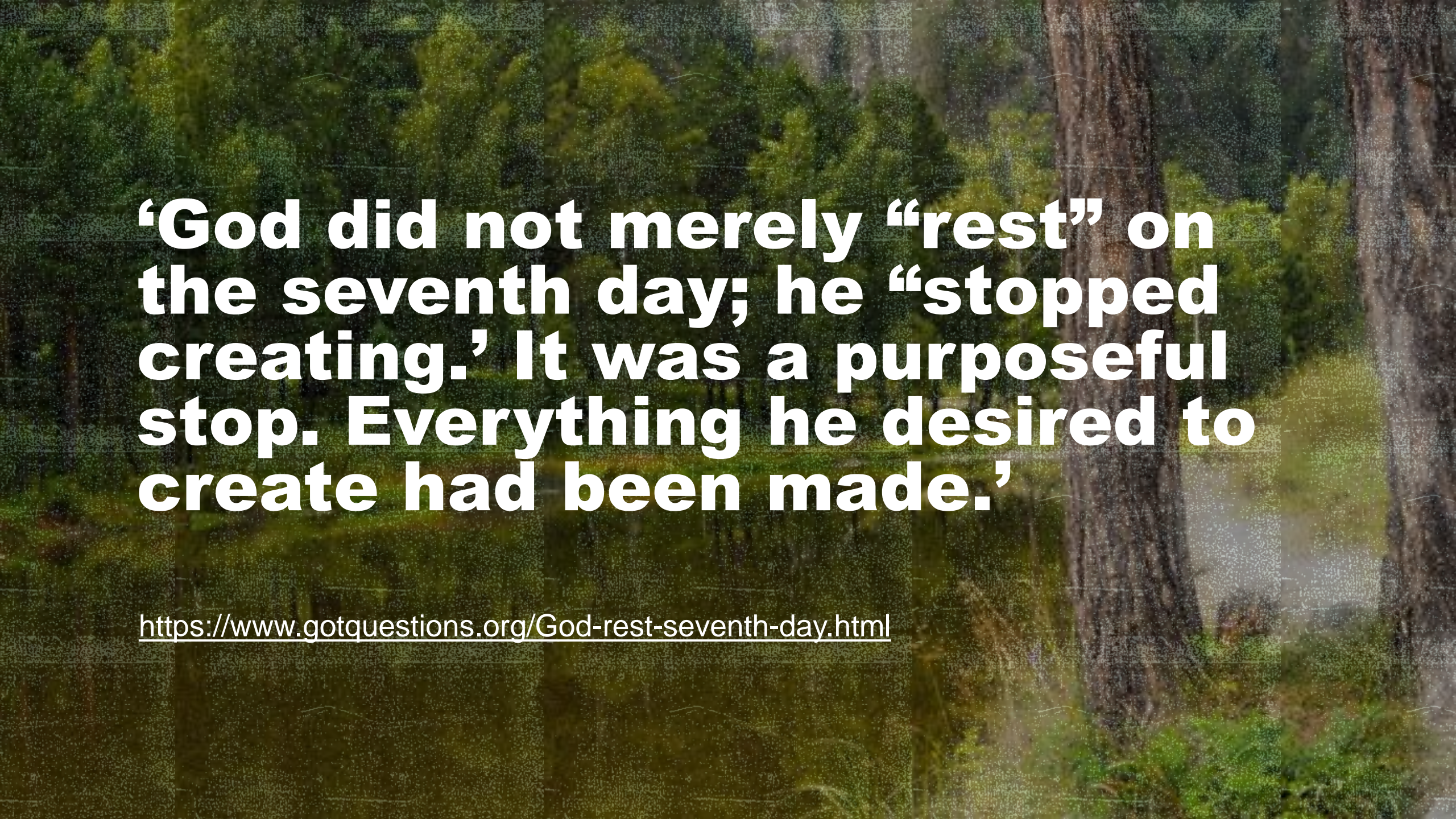




## **1. 7<sup>th</sup> day rest**







**‘God did not merely “rest” on the seventh day; he “stopped creating.” It was a purposeful stop. Everything he desired to create had been made.’**

<https://www.gotquestions.org/God-rest-seventh-day.html>





**1. 7<sup>th</sup> day rest**

**Mark 2: 23-24 &  
27-28**







**1. 7<sup>th</sup> day rest**

**2. Promised land**







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**2. Promised land**

**[https://www.tearfund.org/en/2020/03/decoding\\_coronavirus/](https://www.tearfund.org/en/2020/03/decoding_coronavirus/)**







**1. 7<sup>th</sup> day rest**

**2. Promised land**

**3. Eternal Rest**







**1. 7<sup>th</sup> day rest – What is God calling you to do?**

**2. Are we allowing God to work in us during isolation?**

**3. Eternal rest – Does this hope provide the backdrop for our lives?**