



THE REDEEMED CHRISTIAN CHURCH OF GOD
CHRIST THE LORD PARISH
LAGOS PROVINCE 20
LEKKI PHASE 1

DIGGING DEEP: TUESDAY 28TH JULY 2026

THEME: DIVINE REST.

TOPIC: STEPPING INTO AND ABIDING IN HIS REST THROUGH FAITH

KEY BIBLE TEXTS: Hebrews 4:1-11; Isaiah 26:3-4; Psalms 27:13-14; Romans 4:1-25 (17-25); Hebrews 10:35-39; Galatians 2:20; Hebrews 11:1-40; Psalms 23:1-6; Phil 4:6-7; Habakkuk 3:17-19; Romans 8:38-39; John 14:27; 1 Peter 2:9-10

Introduction:

2 Samuel 7:1-3 *“And it came to pass, when the king sat in his house, and the LORD had given him rest round about from all his enemies; That the king said unto Nathan the prophet, See now, I dwell in an house of cedar, but the ark of God dwelleth within curtains. And Nathan said to the king, Go, do all that is in thine heart; for the LORD is with thee”.*

- There is a season of rest promised by God for all who believe in Him and who hold unto His promises
- Matt 11:28-29 is an open invitation to all “who labor and are heavy laden to come to Him to receive rest”, question is? How many of us are even consciously aware of this promise? How many are aware and tend to discard or ignore this open invitation?
- Hebrews 4:9-11 goes further to assure us that “there remaineth rest for the people of God, and that we should labor/make every effort to **enter into** that rest promised by God, to know it, experience it for ourselves
- *God’s rest is not only a pause from trouble, but it’s a settled confidence of God’s ever abiding presence, of His promises, His cleansing/sanctification, His peace etc., received by faith in Him, even when there is pressure (Psalms 23:4 “Yea though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me, Thy rod and Thy staff they comfort me...)*

Study Aim:

- To show that God’s “promised rest” is received and enjoyed by Faith, not by personal efforts, mere religious activities, fear etc.
- To understand what “Faith in God” is, the importance of faith, how we receive faith & how it grows, the lack of it etc.
- To understand how Abraham’s life models faith that results in God’s promises been fulfilled

Outline 1: What is God’s Promised Rest to Believers? – Hebrews 4:1-11

- God’s rest is not merely a place or state of trouble-freeness; it is a state of absolute trust in God that results in living a faithful life aligned with God’s promises
- God’s rest is tied to believing in and holding unto His word, regardless of the circumstances that may be confronting you – Hebrews 4:2
- God’s rest means much more than a state of relief.
- It is God’s gift of settling into His finished work on Calvary and in His promises which in Christ are Yea and Amen - *“For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.” – 2 Cor 1:20*
- It is the opposite of striving in unbelief – trying to earn what God has freely given
- But accessing and daily experiencing God’s rest is dependent on our faith in God

- Resting in God begins with “What has God said concerning this matter, this unpleasant situation?” what is my response to the situation, what is my hope based on what God’s word says, and how do I then react to all of these?
- This is where Faith comes in

Outline 2: What is Faith? – Hebrews 11:1-40

- Hebrews 11: 1 defines faith as the substance/assurance of things hoped for, the evidence/conviction of things not “yet” seen.
- Faith is believing God (God said, I believe it, that settles it)
- Faith is confident trust in Who God is, and in His promises, which is demonstrated through a life in obedience, perseverance, and total surrender to God
- Through faith we “Look not at the things (circumstances, situations) which are seen (temporal), but at the things (glorious days, pleasant, joyous) which are not seen (eternal) - 2 Cor 4:18
- 2 Cor 5:7 admonishes us to walk daily by faith, not by sight (what we see)
- Eph 2:8-9 tells us that we are saved by grace (what Jesus earned already for us), but through faith
- Hab 2:4; Romans 1:17; Gal 3:11; Heb 10:38 tells us that the Just shall live by faith
- Heb 11: 6 tells us that we cannot please God without faith
- Faith gives us strength to keep going on even in the midst of challenges etc. (Ps 27:13; **2 Cor 4:16-18**)
- Faith is a Gift of God (**Rom 12:3**), **Heb 12:2** tells us that Jesus is the Author and Finisher of our faith
- We can also receive or grow our faith through prayers (Mark 9:24, Luke 17:5), through studying/hearing God’s word (Rom 10:17), through obedience to God (Heb 11:8)
- Faith trust God to do the miraculous (Heb 11:11, Mark 11:22-23, Heb 11:33-35)
- Faith receives what God has promised (Rom 4:20-21), it keeps us from drifting (Heb 2:1-3)
- Applying natural or rational reasoning hinders or destroys faith (1 Cor 2:14, 2 Cor 5:7, Isaiah 55:8-9, Prov 3:5-6)
- With faith, God’s word determines the conclusion, but with natural/rational reasoning, circumstances, sight, and logic alone determine the conclusion
- When we have faith:
 - We will continue to trust God, even when things look hopeless (JOB 13:15, Daniel 3:16-18, Matt 8:24,26, John 11:21-22, Rom 4:18, 20)
 - We will not fret or anxious (Ps 37:7, Isaiah 28:16)
 - We will do as He says (Luke 5:5-6)
- When we lack faith:
 - We deny ourselves of God’s blessing (Matt 14:31, Matt 13:58, James 1:6-7 Heb 10:35)
 - We sin against God (Rom 14:23)
- Our faith can be tested through trials, but trials are not proof that God has abandoned us (James 1:2-4, 1 Peter 1:6-7)
- When faith is tested, endurance is required (Heb 10:35-39, Heb 12:1-3)
- Testing of our faith can reveal who we really are and what or who we trust in (Prov 24:10, Heb 4:2)

Outline 3: What does it mean to have faith – Abraham’s faith in action (Genesis 12-21; Romans 4) –

CASE STUDY

- In Romans 4, we see Abraham stepping into and abiding in God’s rest (Hebrews 4) through faith, total dependance on God.
- Faith often begins with an “obedient move” – act of obedience before the promise becomes visible

- God's call of Abraham required trust without full clarity!!! God calls the things that be not as though they were (Rom 4:17)
- In Gen 12, Abraham left his father's house by faith (Heb 11:8-10)*not knowing whither he went... for he looked for a city which hath foundations, whose builder and maker is God.*
- God promised Abraham a child, and Abraham believed even at old age (Gen 15:1-6)
- Abraham did not waver at God's promise
- Faith is not pretending the circumstance or situation does not exist!!! Faith concludes that despite the circumstance or situation, GOD IS ABLE!!!
- Abraham was justified by his faith in God. His righteousness was not earned by his works, he believed God and it was inputted unto him for righteousness.
- God justifies those who believe in Him
- Entering into God's rest is rooted in "Being right with God by Faith", not by religious performance!!!
- In Rom 4:18-21, we read that Abraham was strengthened by Faith, he hoped against hope – meaning he believed with hope, where hope was absent.
- Faith thrives when it keeps believing that God is reliable, dependable, not in the immediate visible evidence. God always keeps His promise (Isaiah 55:11)
- Even when Faith is tested and delayed (Genesis 16-17), Genuine Faith will bounce back, it still stands. Abraham's faith in God grew strong by being fully convinced
- True Faith in God always results in God being glorified
- Romans 4 explains how Abraham received his promise (stepping into his rest). Justification and promises are received through faith, not works

Conclusion:

- Hebrews 4:1-11 explains why faith is necessary to enter into God's rest.
- God's promise of rest remains open to all his children
- But this promise does not benefit us without faith in action
- Living in doubt or unbelief causes us to miss God's promised rest
- Hebrews 10:35-39 also explains Faith's endurance requirement – we are not to shrink or draw back, we must endure to receive what God had promised us, regardless of the situation, just like Abraham did

Prayer Points:

1. Father, I believe Your Word, help me not to miss Your promised rest. (Hebrews 4:1–3)
Give me faith to trust Your promises today and always and help me to focus on the things that are not seen
2. Father, please increase my faith and help me obey Your call even when I can't see the end yet. (Hebrews 11:8; Hebrews 12:2)
Help me trust You like Abraham, even when the circumstances suggest otherwise. Help me keep believing and doing what Your word says.
3. Father, please strengthen me to endure tests without shrinking back. Keep me steady in Your peace. (Hebrews 10:35–39; James 1:2–4)
When I face waiting, trouble, or unbelief in my thoughts, teach me to keep holding onto Your promises until I step into Your rest.