All Saints Day – ***Requiem***

Rest

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Hebrews 4
November 1, 2026

Introduction: Requiem means rest in Latin. But the sort of rest Hebrews 4 speaks of is not of the sink back into the recliner with a novel and a cup of hot chocolate sort. On Sunday November 1 we celebrate All Saints Day. It is our tradition at UPC on All Saints Day to remember our church members who died this year. We read their names, look at their pictures and remember the impact their lives had on us. English composer Sir John Rutter's choral piece "Requiem" combining traditional Latin Requiem Mass texts with scripture texts sung in English form the centerpiece of our worship. May we pursue the rest only God provides as we worship and study together.

Review: What have you been learning about being "one another" with your church family?

Read: Hebrews 4

Prayer: Father, we come to you tired with sorrow over the brokenness of our world. Please teach us about your rest as we talk together. Amen

Discussion:

1. Requiem means rest. What does rest mean to you? See Matthew 11:28-30; Revelation 14:13 (sung in the last movement)

2. What specific rest is the author of Hebrews referencing by quoting Psalm 95:11 in verses 3 and 5? What disobedience occurred at that time? See Deuteronomy 1:26-36

3. How does the author reason that God provides another rest?

4. How do you understand resting from works (v10) while still making every effort to enter into God's rest (V11)? What does obedience have to do with it? See Romans 3:21-28

5. We are still called to work with God even though we cannot earn our salvation by anything that we do. How does this work out in your life? See Galatians 6:9; Psalm 130:3-4 (sung in movement 2)

6. Why can you have confidence to bring your needs and worries to Jesus? See Hebrews 4:14-16; Psalm 23 (sung in Movement 6)

Application: Ask God to show you His rest. Ask God for strength for your work.

Prayer: Holy God, we need your forgiveness, your strength and your direction. Thank you for giving us what we need when we come to you. Amen