**BETTER: Lesson 7**  CPC Women’s Bible Study

I. Be Careful Hebrews 4:1-5

II. Today Hebrews 4:6-11

**Truth #1**: Deeply trusting God with my life day by day calms the winds in my soul.

**Truth #2**: My only true Sabbath-rest is the finished work of Jesus.

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." - Saint Augustine, *The Confessions*

 "Truly my soul finds rest in God; my salvation comes from Him. Yes my soul, find rest in God; my hope comes from Him."  Psalm 62:1, 5