

# An Invitation to **REST!**

Scripture Focus - Day 5  
**Hebrews 4:9-10**



## Observation

What are some **simple** observations I can make **directly from this text**? Who is involved? Any keywords or phrases? Repeated words? Who is speaking? Anyone being addressed? Any comparisons or contrasts? Any cause and effects?



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## Interpretation

What does the passage mean? What is the context? What is happening? Are there any other Scriptures to look up? Any terms to be researched? How would you summarize the passage in **your own words**?



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## Implication / Application

Does this passage teach me something about God? Does the text state a command to obey, an example to follow or an error to avoid? Does the text reveal a promise or a truth to believe?



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## Making it Personal

How this Scripture challenges me:

How this Scripture comforts me:

My Personal Prayer Request