


FINDING REST


030909
Hebrews 4:1-4:11

FINDING REST




- I. The Superiority of the Person of Christ (1:1-4:16)
 - A. Christ is Superior to the Prophets (1:1-4)
 - B. Christ is Superior to the Angels (1:5-2:18)
 - C. Christ is Superior to Moses (3:1-6)
 - D. Christ is the Supreme Object of Faith (3:7-4:16)
- Finding true *biblical* rest.
 - The word "rest" is used 10 times in Heb 3:11-4:11.
 - What does it mean?
 - to relieve weariness by cessation of exertion or labor.
 - to be at ease; have tranquility or peace.
 - to be quiet or still.
 - to cease from motion, come to rest.
 - to stop.

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1. True Biblical Rest
 - Mark 5:35-41 – asleep on the cushion.
 - Two major meanings of "rest"
 - The "rest" from creation: Gen 2:2 – God rested.
 - Physical and Spiritual (Internal) rest – creation was perfect and man's relationship with God was perfect.
 - The "rest" from alienation: John 19:30 – it is finished
 - "It" – refers to *all* the work of salvation.
 - Rom 5:1 – salvation (peace with God) – Internal Rest
 - Between the two "rests" is the insertion of *sin*.
 - Missing God's mark – looking away from Him to me.
 - Sin has destroyed our Physical and Spiritual rest.

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1. True Biblical Rest.
 - What then is "rest" in Hebrews talking about?
 - Finding rest from my efforts at trying *regain* or *maintain* a relationship with God – Internal Rest
 - Trying to be "righteous" (of value and of worth) by what I do – a human doing (a servant instead of a son)
 - Note: there is only one "work" that could ever or will ever please God – and that was the work of His Son on the Cross.
 - Biblical rest is a cessation from trying to do things that will bring me to peace with God.
 - It means to cease from one's own work, and so, by implication, to trust in the work and working of Another.

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2. Finding True Biblical Rest. (Heb 4:1-11)
 - v.1 – notice it is His rest!
 1. Rest begins with Truth.
 - v. 2 – "we have had good news preached to us"
 - We have all had lots and lots and lots of "good news" preached to us – how much of it has actually made a difference in your life?
 2. Believing the Truth.
 - v. 3 – "for we who have believed enter that rest"
 - *pisteuō* – to think to be true, to be persuaded of, to credit, place confidence in.

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2. Finding True Biblical Rest. (Heb 4:1-11)
 3. Faithing the Belief.
 - v.2 – "did not profit them, because it was not united by faith"
 - v.6 – "failed to enter because of disobedience"
 - Faith and disobedience – how are they linked?
 - Faith is acting on belief!
 - Belief is stationary, faith is action on the belief.
 - Belief without action is disobedience – and thus, will always miss His intended rest for our lives.

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2. Finding True Biblical Rest. (Heb 4:1-11)

- Belief: Faith: Acting on my beliefs.



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2. Finding True Biblical Rest. (Heb 4:1-11)

4. Nothing of me.

- v.10 – “rested from his works”
- 2 Cor 3:5,6 – nothing coming from me!
- John 5:19,30 – nothing!
- John 6:63 – the flesh (my works or efforts) profits nothing!

5. Avoiding disobedience.

- v.11 – Just do nothing!
 - Psa 127:1 – the building is in vain.
 - I need to learn that I don’t do things for God (seen), He does things through me (unseen) – *sitting before walking!*

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2. Finding True Biblical Rest. (Heb 4:1-11)

- Matt 11:28-30 – Belief in action!
 - “Come to me”
 - What good does it do to merely “believe” I need to go to Jesus to find rest?
 - I have to actually GO (faithing) to Jesus to get His rest.
 - How do I move from belief into faith without it becoming doing?
 - It’s a position of the heart!
 - Therefore...