

# Hebrews



## **HEBREWS 4:11-16** ESV

**Let us therefore strive to enter that rest**, so that no one may fall by the same sort of disobedience. <sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. <sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

# Rest in a Restless World

Hebrews 3-4

**HEBREWS 2:1** ESV

**Therefore** we must pay much closer attention to what we have heard, lest we drift away from it.

**HEBREWS 2:14a** ESV

Since **therefore** the children share in flesh and blood, he himself likewise partook of the same things...

**HEBREWS 2:17a** ESV

**Therefore** he had to be made like his brothers in every respect...

**HEBREWS 3:1** ESV

**Therefore**, holy brothers, you who share in a heavenly calling, consider Jesus, the apostle and high priest of our confession...

**HEBREWS 3:7-8a** ESV

**Therefore**, as the Holy Spirit says, “Today if you hear his voice, do not harden your hearts as in the rebellion...”

**HEBREWS 4:1** ESV

**Therefore**, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

**HEBREWS 4:6** ESV

Since **therefore** it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience...

**HEBREWS 4:11** ESV

Let us **therefore** strive to enter that rest, so that no one may fall by the same sort of disobedience.



## **HEBREWS 4:11-13** ESV

**Let us therefore strive to enter that rest**, so that no one may fall by the same sort of disobedience. <sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

# REST

Rest is a vital part of God's story from the beginning.

Rest comes in various forms.

Rest hinges on faith in Yahweh/Jesus.

**GENESIS 1:31-2:3** ESV

And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

<sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> **And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.** <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

**Hebrews 3:11; 4:3,5** ESV

“As I swore in my wrath,  
‘**They shall not enter my rest.**’”



# **R E S T**

Rest is a vital part of God's story from the beginning.

Rest comes in various forms.

Rest hinges on faith in Yahweh/Jesus.

# **R E S T**

## **Comes in Various Forms**

**Sabbath Rest**

Land Rest

**Salvation Rest**

**Eternal Rest**

### **HEBREWS 4:4 ESV**

For he has somewhere spoken of the seventh day in this way:  
“And God rested on the seventh day from all his works.”

### **HEBREWS 4:9-10 ESV**

So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.



**RICK WARREN**

**Divert Daily**

**Withdraw Weekly**

**Abandon Annually**

## **R E S T** **Comes in Various Forms**

Sabbath Rest

**Land Rest**

Salvation Rest

Eternal Rest

### **HEBREWS 3:7-11** ESV

Therefore, as the Holy Spirit says, “Today, if you hear his voice,  
<sup>8</sup> do not harden your hearts as in the rebellion, on the day of  
testing in the wilderness, <sup>9</sup> where your fathers put me to the test  
and saw my works for forty years. <sup>10</sup> Therefore I was provoked  
with that generation, and said, ‘They always go astray in their  
heart; they have not known my ways.’ <sup>11</sup> As I swore in my wrath,  
‘They shall not enter my rest.’”



## **ISRAELITES**

**Deliverance from Egypt**

**Covenant with Yahweh**

**Hope of entering the Promised Land**

## **CHURCH**

**Deliverance from sin/death**

**New covenant with Christ**

**Hope of entering eternity**

# **R E S T**

## **Comes in Various Forms**

Sabbath Rest

Land Rest

**Salvation Rest**

Eternal Rest

## **HEBREWS 4:1-2** ESV

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.



**R E S T**

**Comes in Various Forms**

Sabbath Rest

Land Rest

Salvation Rest

**Eternal Rest**

**HEBREWS 4:8** ESV

For if Joshua had given them rest, God would not have spoken of another day later on.

# REST

Rest is a vital part of God's story from the beginning.

Rest comes in various forms.

Rest hinges on faith in Yahweh/Jesus.



## HEBREWS 4:1-3a ESV

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup> **For we who have believed enter that rest...**

**HEBREWS 4:11-13** ESV

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. <sup>12</sup> **For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.** <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.



**HEBREWS 3:12-13** ESV

Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. <sup>13</sup> But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.



**AUGUSTINE OF HIPPO**

Confessions

“Thou hast made us for thyself, O Lord, and our heart  
is restless until it finds its rest in thee.”





The source of rest is **God**.

The means of rest is **humble faith**.

**MATTHEW 11:28-30** ESV

“Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”