

RESTING IN JESUS

April 6, 2019 Hebrews 4:1-11 by Ben Skeat
@Rest Series, part 9 or 9

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest, just as God has said, “So I declared on oath in my anger ‘They shall never enter my rest.’” And yet his works have been finished since the creation of the world. ⁴ For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” ⁵ And again in the passage above he says, “They shall never enter my rest.”

⁶ Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, ⁷ God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted: “Today, if you hear his voice, do not harden your hearts.” ⁸ For if Joshua had given them rest, God would not have spoken later about another day. ⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God’s rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. **Hebrews 4:1-11**

Big Idea: God offers rest to His people, and it’s only available in Jesus

Rest: peace and freedom that flows from trust in the finished work that God has done for us in Jesus. (Heb 3:12-14; 4:10-11)

Present & future reality: available “today” and empowers faithful living into the eternal rest that God offers His people (Heb 4:3; 12:1-3, 28-29)

1. **Warning! It’s possible to MISS God’s gift (v1-2,6,11)**

the message they heard was of no value to them, because they did not share the faith of those who obeyed...(v 2)

Rest in Jesus is not an optional extra that will make our life incrementally better, it is essential to the Christian life. We can’t live without it. We refuse God at our own peril

2. **A HARD HEART will keep us restless (v7)**

When our hearts are hard, we can’t enter into the kind of rest our Lord has prepared for us (v 5)

Our hearts are hardened when we refuse God’s invitation (v 6-7)

3. **Trust is the ANTIDOTE to hard hearts (v10)**

...for anyone who enters God’s rest also rests from their works (v10)

In Jesus, God offers us the kind of rest that leads to our lives flourishing. OT picture: “The Lord gave them rest on every side” (Josh 21:44)

Our spiritual vibrancy is defined by our trust in Jesus work. We show that we trust Jesus when we live as if we trust him (choose rest of forgiveness, sleep, sabbath, relationship etc...)