

Find True Rest in Christ Alone!

Hebrews 4:9-16 October 21, 2018 Pastor Robert Hein

Introduction: “Rest” can have different meanings based on the context.

1 – Rest – sleep, nap, tired out from working so hard

2 – Rest – inactivity, stop doing something

3- Rest - The Seventh Day of Creation God rested from all his work

Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. **Genesis 2:1-3**

- Rest of perfect contentment and satisfaction
- Adam and Eve lost that perfect rest when they fell into sin
- God offers rest once in again in Jesus Christ

There remains then a Sabbath rest for the people of God; for anyone who enters God’s rest also rests from their own works, just as God did from his. **Hebrews 4:9**

4) Rest - Sabbath Law in the Third Commandment

Remember the Sabbath Day by keeping it holy!

The law is a shadow of the good things that are to come. **Hebrews 10:1**

5) Rest – Entering the Promised Land

WARNING! Not everyone who entered the Promised Land had rest!

The message they heard was of no value to them, because they did not share the faith of those who obeyed. **Hebrews 4:2**

WARNING TO US!

Let us therefore make every effort to enter that rest, so that no one will perish by following their example of disobedience. **Hebrews 4:11**

The Word of God is living and active, penetrates to dividing even soul and spirit, it judges the thoughts and attitudes of the heart. Everything is uncovered and before him to whom we must give an account. **Hebrews 4:12-13**

Examine Yourself!

Repent! Trust in Jesus for forgiveness!

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:28-29

6) Rest - Find forgiveness and rest in Christ!

Therefore, since we have a great high priest who has ascended into heaven, Jesus, the Son of God, let us hold firmly to the faith we profess. **Hebrews 4:14**

7) Rest - Eternal rest – home with Jesus in heaven

“Blessed are the dead who die in the Lord from now on.” “Yes,” says the Spirit, “they will rest from their labor.” **Revelation 14:13**

Conclusion: Find true rest in Christ alone!