

**Opening:** You were made to rest and not to walk in constant turmoil, labor, or conflict. It's time to enter rest.

**Key Point:** A Product of the fall of man in the Garden of Eden is that we are ever reasoning in ourselves how we can better ourselves, save ourselves, enrich ourselves and receive love and satisfaction through ways God never intended. The Sabbath day of rest God instituted reveals God's desire for a different and better way to live. We can better understand why God initiated this planned rest into the life of every believer in Christ.

**Key Scripture: Hebrews 4:1-11** 1Therefore, while the promise of entering His rest still stands, let us be careful that none of you be deemed to have fallen short of it. 2For we also received the good news just as they did; but the message they heard was of no value to them, since they did not share the faith of those who comprehended it. 3Now we who have believed enter that rest. As for the others, it is just as God has said:

“So I swore on oath in My anger, ‘They shall never enter My rest.’ ”<sup>b</sup> And yet His works have been finished since the foundation of the world. 4For somewhere He has spoken about the seventh day in this manner: “And on the seventh day **God rested** from all His works’ 5And again, as He says in the passage above: “They shall never enter My rest.”<sup>6</sup>Since, then, it remains for some to **enter His rest**, and since those who formerly heard the good news did not enter because of their disobedience, 7God again designated a certain day as “Today,” when a long time later He spoke through David as was just stated: “Today, if you hear His voice, do not harden your hearts.”<sup>d</sup>8For if Joshua had given them rest, God would not have spoken later about **another day**. 9There remains, then, **a Sabbath rest for the people of God**. 10For whoever enters God's rest also **rests from his own work**, just as God did from His. 11Let us, therefore, make every effort to enter that rest, so that no one will fall by following the same pattern of disobedience.

## **1. The western world is built by the Industrial WORK Revolution**

- a. interesting what some people did during the Covid lockdowns, they worked even more.
- b. Capitalism encourages competition within a society. Some go without rest to overcome their competition in fear that their competition will outwork them.
- c. I believe God has a better way than overworking ourselves. The natural world reveals that creation must do its part but the provision for growth is often out of

our full control. Proverbs 10:22 It is **the blessing of the LORD** that makes rich, And He adds no sorrow to it. **Genesis 2:3 Then God blessed** the seventh day (Sabbath) and sanctified it, because on it He rested from all His work which God had created and made.

**d. Titus 3:5 he saved us**, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, \*\* God wants to be our source in this life for everything.

**e. Zechariah 4: 6** Then he said to me, “This is the word of the LORD to Zerubbabel: Not by might, nor by power, but by my Spirit, says the LORD of hosts. \*\* God works in contrast to humanities striving. He resists are labor without Him. Why? Our labor without God results in nothing of eternal value.

**f.** Why does God oppose our works and our efforts? **1<sup>st</sup> Corinthians 1:31** so that, as it is written, “Let the one who boasts, **boast in the Lord.**” Our works for salvation without Jesus produce a pride that denies Jesus and puffs up our heart causing us to sin and lean upon ourselves and not God.

## **2. A failure to enter the rest of God**

**a. Hebrews 4:2** For we also received the good news just as they (Israel) did; but the message they (Israel) heard was of no value to them, since they did not share **the faith of those who comprehended it.** \*\*Rest is entered into by those who have **faith and trust in God.** Our mature faith will result in our full rest.

**b.** Our unbelief causes us not to rest, unbelief is the root of all our anxiety. We believe we are alone in our battles.

**c.** The Children of Israel did not enter the “Promised Land” which was a land of rest because they did not believe. What promises are you struggling to believe God for?

## **3. Why Did God rest on the 7<sup>th</sup> day?**

**a. His work in creation was done Genesis 2:2** By the seventh day **God completed His work** which He had done, and He rested on the seventh day from all His work which He had done.

**b. He set an example for us Hebrews 4:10** For whoever enters **God's rest** also rests from his own work, **just as God did from His.**

**c. He approved and encouraged us to rest**

**d. He prophesied of a future rest from our labor in Jesus Matthew 11:29** 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.**

**e. He contrasted the lack of rest for those who do wickedness. Isaiah 48:22** “There is no peace,” says the LORD, “for the wicked.” **Job 15:20** All his days the

wicked man suffers torment, the ruthless man through all the years stored up for him. **Revelation 14:11** And the smoke of their torment goes up forever and ever, **and they have no rest, day or night,** these worshipers of the beast and its image, and whoever receives the mark of its name.”

**Hebrews 4:9** Therefore, a time of eternal rest exists for **God’s people.**

#### **4. Are you resting in the Finished work of Christ?**

**a.** Jesus said, “It is Finished” Tetelestai, what does it encompass? Is Jesus enough? Did He suffer enough for you? Did He really pay for all sins? \*\*The word tetelestai was also written on business documents or receipts in New Testament times indicating that a bill had been paid in full.

**b.** Everything you and I need for this life and the life to come has been purchased and is receivable by the believer.

**c. 2<sup>nd</sup> Peter 1:2-4** 2 Grace and peace be multiplied to you through the knowledge of God and of Jesus our Lord. 3 His divine power has given us everything we need for life and godliness through the knowledge of Him who called us by His own glory and excellence. 4 Through these He has given us His precious and magnificent promises, so that through them you may become partakers of the divine nature, now that you have escaped the corruption in the world caused by evil desires.

#### **5. Resting in the Will of God for your life**

**a.** Are you content in your life? If all you have is all you will ever have been you okay with that. Selfish ambition is a root that causes us to be unsatisfied.

**b.** Is it possible that you may be at war with God’s desires for your life. Remember that you cannot succeed over God’s will for your life. Like Jonah you may run away but God has His ways of bringing you back. It’s time to stop running.

**c.** It is only the devil who deceives us to think that Gods ways are unprofitable for us. As we honor God’s day of rest we receive a fresh perspective on our lives. Pausing gives us time to evaluate, adjust and appreciate where we are.

**d. Life Lesson: Some are never satisfied because they cannot see the good things God has already given them to enjoy. They are misusing/overlooking the blessings He has graciously given to them.**

#### **6. Enter His rest**

**a.** Honor God by taking a day off to seek Him and pursue Jesus. Make worship, prayer, bible study and joining into a local church body of believers a consistent habit.

**b. Key Point: Stop planning things that pull you away from your family of faith and be consistent. It's crucial to feed your soul in the days we are living in. We need each other.**

c. Turn off outside influences on your day of rest like news, facebook or social media, work relationships and anything that drains you. Treat your time of rest as sacred because it is.

d. Let your day of rest be a time to meditate on the promises of God over your life until you become confident in their reality for you. Recount God's faithfulness, His graciousness, his goodness.

e. Take communion with your family.

f. **Do no work!** Sounds harder than you think, plan your meals for that day in advance, resist the urge to do laundry, pay bills, do yardwork or clean the house.

g. **Do re-creational activities:** get outside, go do something that is enjoyable to you, healing, restoring or that gets the creative juices in you flowing again. Painting, hunting, fishing, riding a bike, reading, writing.

**Altar Conclusion:** God is promising you that if you will rest and honor Him in resting, He will bless your life. Remember **R.E.S.T.** as an Acronym, Recreation, Encouragement, Simplify, Take your Time!