

# We Are Striving Way Too Much — REST

 Date Delivered	@December 28, 2025
 Lesson Number	Lesson Five
 Notes Complete	<input checked="" type="checkbox"/>
 Primary Scripture	Hebrews 4:9-11; 14-16

## The Throne – Lesson Five: We Are Striving Way Too Much — REST

**Date:** December 28, 2025



### Primary Text

#### **Hebrews 4:9–11**

"There remains therefore a rest for the people of God... Let us therefore be diligent to enter that rest..."

#### **Hebrews 4:14–16**

"Let us come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."



### MAIN IDEA

We were never called to strive. In Christ, our starting place is **REST** — not performance, pressure, or proving. We don't work **for** rest... we work **from** it.

## I. JESUS SETTLED WHAT WE STRIVE TO PRODUCE

- Christ's finished work makes the throne a place of **grace**, not fear.
- Through Him, we have **legal access** to rest, mercy, and empowerment.



**Striving** = attempting through effort what Christ already secured.

We strive when we try to:

- Earn peace
- Prove righteousness
- Secure identity
- Perform for approval

## II. STRIVING REVEALS FRAGILE IDENTITY

Ways striving shows up:

- Competing with others instead of completing each other
- Seeking visibility for validation
- People-pleasing to avoid rejection
- Withdrawing when we feel overlooked
- Comparing ourselves to measure worth
- Serving in ministry from insecurity instead of sonship

**Striving = misplaced identity**

When our worth isn't rooted in Christ, we begin performing to be accepted.

## III. THIS IS A MISSIONAL PROBLEM, NOT JUST A PERSONAL ONE

Striving damages:

- Our **unity**
- Our **witness**
- Our **mission** as the Body of Christ

Our enemy **exploits ignorance** just as much as he exploits our flesh.

## IV. OUR IDENTITY IS HIDDEN IN CHRIST

**Colossians 3:3** – "Your life is hidden with Christ in God."

Hidden = protected, preserved, covered by covenant.

**Colossians 2:6–10** – We walk rooted, built up, and complete **in Him**.

## V. SABBATH REST: A KINGDOM PRINCIPLE

**Rest Was God's Idea Before Man Ever Worked**

**Genesis 2:2–3** – Adam's first day was God's rest day.

We are created to **work from rest**, not strive for it.

**Sabbath Means:**

1. **Dwelling in God's Presence**
2. **Trusting in His Provision**
3. **Abiding in Covenant Relationship**

## VI. REST IS A PERSON — NOT JUST A PRACTICE

**Matthew 11:28–29** – "Come to Me... I will give you rest."

**Colossians 2:16–17** – Sabbath is a shadow. Christ is the **substance**.

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## VII. WHAT IS THIS REST?

**Hebrews 4:10** – "Ceased from his works..."

**Hebrews 4:11** – "Be diligent to enter that rest..."

**Biblical Rest Means:**

1. **Ceasing from striving**
2. **Trusting God's covenant promises**
3. **Abiding in Christ daily**
4. **Approaching the throne without fear**

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## CONNECTION TO LAST WEEK:

- "Seek those things above..." = **Relentless pursuit** of Kingdom realities
- "Set your mind..." = **Adopt a Kingdom disposition**
- Walk, live, think, and pray from **union**, not unrest

**FINAL REMINDER**

We are not laboring to earn a position — We are living **from** our position **in Christ**.

REST is not inactivity — it is Spirit-led activity from a place of trust, identity, and covenant.

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## Key Scriptures to Meditate and Memorize

**Hebrews 4:16** – "Let us come boldly to the throne of grace..."