






We Are Striving Way Too Much — REST

 Date Delivered	@December 28, 2025
 Lesson Number	Lesson Five
 Notes Complete	
 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**.

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**

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.

Key Scriptures to Meditate and Memorize

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