## The Superiority of Christ Jesus Rest & Help TODAY! Hebrews 4:11, 16

In this world we live in there are many 'things' we can place our hope and trust in. But there is only ONE unchanging, wholly immutable and constant Hope in Whom we can place all our trust – Jesus Christ! There is in Him a very present Help in time of need and a constant rest for our souls. Are you at rest?

#### Chapter One: Jesus Christ the superior Prophet – He is God! Chapter Two: Jesus Christ the superior Savior – Became man, conquered death! Chapter Three: Jesus Christ the superior Apostle & High Priest – HEAR HIM!

## I. TODAY - v.1-10

Hebrews 4:1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. **2** For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. **3** For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world. **4** For He has spoken in a certain place of the seventh *day* in this way: "And God rested on the seventh day from all His works"; **5** and again in this *place:* "They shall not enter My rest." **6** Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, **7** again He designates a certain day, saying in David, **"Today,"** after such a long time, as it has been said: "**Today**, if you will hear His voice, do not harden your hearts."

**8** For if Joshua had given them rest, then He would not afterward have spoken of another day. **9** There remains therefore a rest for the people of God. **10** For he who has entered His rest has himself also ceased from his works as God *did* from His.

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The Promise of Rest – v.1-3 Hearing and Faith – believing what HE says All accomplished before the foundation of the world! TODAY – v.4-7 Hear – Be persuaded – Believe – Trust JESUS! Sabbath Rest & Rest from Works – v.8-10

1

Hebrews 4:9 So there remains a *Shabbat*-keeping for God's people. 10 For the one who has entered God's rest has also rested from his own works, as God did from his.

## II. ENTER HIS REST - v.11-13

**Hebrews 4:11** Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. **12** For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. **13** And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.

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### Diligence – encourage yourself daily to enter HIS Rest HIS Word – transforms, examines, knows you and I Can't fake it – 'TODAY' each day is a new opportunity to believe Our limitations are how God made us – Exodus 4:11 – we need HIM!

## III. HELP TODAY - v.14-16

**Hebrews 4:14** Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. **15** For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are, yet* without sin. **16** Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. NKJV

# The superiority of our High Priest – JESUS lived it, conquered it, understands it Sympathize = to feel for and to have compassion on Come boldly – TODAY!

**MERCY & GRACE for TODAY!** 

## **REST FOR TODAY!**