



SUNDAY MORNING

AT BETHANY BAPTIST CHURCH

Title: Entering Into Rest

Passage: Hebrews 4:1-11

Speaker: Pastor Dan Preston

Introduction: If you look around our culture today, exhaustion is everywhere. We sleep less, talk about being tired more, and even our devices remind us to breathe, move, and rest. We take vacations only to come home needing another one. We know how to entertain ourselves and distract ourselves, but we don't know how to rest. The truth is, the rest we're longing for can't be found in a weekend away, a full night's sleep, or a quieter schedule. It's deeper than that. Hebrews 4 speaks of a different kind of rest—God's rest. A rest that is available right now, but not automatically entered. This morning, we will look at the ABC's of Rest, not just to understand it, but so you can experience the rest Jesus came to give. Because if Jesus is better, and He is, then His rest is better than anything this world can offer.

I. The Availability of Rest (Verse 1)

God has not closed the door on His rest. It is available. It is present. It is reachable.

A. What is This Rest?

1. Salvation Rest - When we come to Christ

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." (Matthew 11:28)



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The moment you trust Christ, the burden of guilt is lifted, your sins are forgiven, and peace with God becomes yours forever.

2. Submission Rest - When we yield to Christ

“Take my yoke upon you, and learn of me...” (Matthew 11:29)

Salvation rest comes by believing Him, but submission rest comes by trusting and obeying Him.

Submission rest is not Christ putting more weight on you—it is Christ inviting you to finally set your weight down on Him.

II. The Basis of Rest (Verses 2-7)

A. It Requires Faith

Israel heard God’s promise—but hearing without believing is useless. They stood on the edge of the Promised Land and refused to trust the God who split the Red Sea for them.

The Word only profits when believed.

B. It Requires Action

The longer a person delays responding to God, the harder the heart becomes.

Every time the Spirit prompts and we say no the heart calcifies, sensitivity dulls, conviction quiets, and the voice of God becomes fainter.

III. The Character of Rest (Verses 8-10)

A. God’s Rest is Ongoing



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Rest is not the absence of problems—rest is the presence of Christ in the middle of them.

If Satan cannot destroy you, he will try to exhaust you. But God says, “There remaineth a rest”—a rest untouched by your circumstances, unshaken by your enemies, unlocked by faith.

B. God’s Rest is Complete

The believer ceases from his own works—not because he quit working, but because he quit working to save himself.

Rest is not a place without storms, but a place where the storm cannot touch the soul—because the soul is anchored in Christ’s finished work.

IV. The Demand of Rest (Verse 11)

A. Rest is Received by Faith, but Practiced through Diligence

We serve not to be saved, but because we are saved—and the ship is secure.

God’s rest is not opposed to effort, activity, or obedience, but to self-effort, anxiety, and unbelief.

B. Rest Requires Vigilance Against the Danger of Unbelief

The Holy Spirit reminds us of Israel in the wilderness. They were close enough to see the Promised Land, but unbelief kept them from entering rest.

Rest is not lost through weakness but through unbelief.

Conclusion: Rest is not found in a vacation, a schedule change, a financial breakthrough, a self-care routine, or a numbing escape. True rest is found in a Person—Jesus Christ. So the question before us is simple but searching: have you entered His rest? If you are unsaved, salvation rest is available today. If you



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are saved but restless, submission rest is offered today. If your heart has drifted, respond before it hardens. If your soul is weary, Jesus offers a rest deeper than sleep. There is a place of quiet rest near to the heart of God and the door is still open. Let us therefore fear, lest any of us should come short of it.



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