

“STRIVE TO REST!” Hebrews 4:1-13
To enter into God’s rest, we must . . .



TRACE THE THEREFORES *The Holy Spirit says (thru Psalm 95) . . .*

5. *the promise of God’s rest still stands, **therefore** let us _____ to reach it (1)*
 - *for it ever only benefited those who listened by faith (2)*
 - *we who have believed enter His rest*
- a rest like God’s 7th day rest (3-5)

6. *since it remains for some to enter His rest **therefore** let us not fail to by _____ (6)*
 - *since David spoke of this promise, it was not fulfilled in Joshua’s time (7-8)*
- so a Sabbath rest is available (9)
- a rest from our _____, like God’s rest (10)

7. ***therefore** let us _____ that rest (11a)*
 - *not falling through a similar disobedience (11b)*
 - *For the Word of God exposes our thoughts and intentions (12), laying us bare before God’s eyes (13)*
(the Word ≈ Psalm 95, the revelation of the Son (1:2), through the Gospel message (2:2-4))

LAID BARE BY . . .

- our _____ to believe/obey OR to disbelieve/disobey (when they responded to the spies’ reports)
- _____ presumption (when the people entered the land against God’s command and faced the sword of their enemies)

8. *{**therefore** let us hold fast our _____ about Jesus, the Son of God, our high priest (14)}*

CONSIDER GOD’S REST

R E S T	<p>CREATION <i>(God’s rest, 7th day, rest from works)</i></p> <p>MOSES <i>(failed to enter because of disobedience; not united by faith with those who listened)</i></p> <p>JOSHUA</p> <p>DAVID <i>(Psalm 95’s promise still stands by saying “Today,” therefore not fulfilled by Joshua; so there remains a Sabbath rest from our works)</i></p> <p>ORIGINAL HEARERS/US <i>(let us strive to enter that Sabbath rest)</i></p>	<p>ANTITYPE(s) <i>New Heavens & Earth</i> <i>Millennial Kingdom</i> <i>Rest in Peace at death</i> <i>Rest of faith/obedience</i></p> <p>TYPE <i>Entering the Promised Land</i></p> <p>ARCHETYPE <i>Creation’s 7th Day</i></p>	
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STRIVE TO (enter) REST by . . .

- *allowing the message to benefit us, receiving it by _____ (v.2)*
- *_____ the good news that we have received (v.11)*
- *_____ our hearts as the Word of God lays us bare (vv.12-13)*

**“Come to me, all who labor and are heavy laden, and I will give you rest.
 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. For my yoke is easy, and my burden is light.”**

Jesus in Matthew 11:28-30