

**WORKING TO FIND REST  
A SABBATH GUIDE FOR KINGDOM WORKERS**

**STUDY # 9 “THERE IS A REST THAT REMAINS!”  
HEBREWS 3:7-4:13**

**Sabbath Quote:** “It is letting go, for one day out of seven, all those parts of our identities and abilities in which we are constantly tempted to find our security and discovering afresh that we are his children and that he is our Father and shield and defender.” Mark Buchanan

**REVIEW/INTRODUCTION**

panic about provision (Jacob) hard life, nobody has “enough,” cares of this world choke the Word

panic about righteousness (Saul) we care committed naturally to self-righteousness not Christ-righteousness

there is a rest for the people of God that Sabbath is to help us regularly to connect with but we don't have any time to “strive to enter it”

**HEBREWS INTRODUCTION**

“We can scarcely realize the piercing sword which thus wounded their inmost heart. That by clinging to the Messiah they were to be severed from Messiah's people was indeed a great and perplexing trial; that for the hope of Israel's glory they were banished from the place which God had chosen, and where the divine Presence was revealed, and the symbols and ordinances of His grace had been the joy and strength of their fathers; that they were to be no longer children of the covenant and of the house, but worse than Gentiles, excluded from the outer court, cut off from the commonwealth of Israel, --- this was indeed a sore and mysterious trial. Cleaving to the promises made unto their fathers, cherishing the hope in constant prayer that their nation would yet accept the Messiah, it was the severest test to which their faith could be put, when their loyalty to Jesus involved separation from all the sacred rights and privileges of Jerusalem.” (*Epistle to the Hebrew*, Saphir, p,10)

what would you say to them?

## **ENTERING AND NOT ENTERING GOD'S REST**

Psa. 95 Israel in the wilderness; their "report card" (how about ours?)

2 "rests" in the Old Testament

- 1.
- 2.

Joshua, the son of Nun

Joshua, the Son of God

## **HOW CAN WE REST WHEN SO MUCH IS UNFINISHED?**

lack of rest and rocketry

## **THE ELIJAH SYNDROME 1 Kings 18-19**

the "common cold" for missionaries

## **HEBREWS 4:12 IN CONTEXT**

### **TAKE TIME TO WORK ON REFLECTION**

1 Psa. 95 and Hebrews combine 2 things we have trouble keeping together in our heads/hearts/souls: fear and love. We don't naturally properly fear or love God. It's easier for us to think of the love of the saved but is there not also a fear of the saved? Spend a little time "today" rereading our Scriptures in this study and adding another verse from the Psalter and an epistle . . . Psa. 130:4 and 1 Pet. 1:17.

2. Have you experienced the "Elijah Syndrome?" Spend time thinking about how the LORD responded to His servant and Kingdom worker.