



HEBREWS

JESUS, WHAT WILL I DO WITH YOU?

What is speaking to the desires of my heart
this morning?



JESUS, WHAT WILL I DO WITH YOU?

What is speaking to the desires of my heart
this morning?

- God-given desire to eat to nourish my body



JESUS, WHAT WILL I DO WITH YOU?

What is speaking to the desires of my heart this morning?

- God-given desire to eat to nourish my body
- I am feeling so I need to eat to comfort myself.
- I want to eat because I have to do something I do not want to do and eating will encourage me to do it.
- I always eat something when I do such and such....
- I eat even though I am not hungry because tomorrow..



JESUS, WHAT WILL I DO WITH YOU?

Am I experiencing the rest Jesus offers me?

v.11 “Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.”



JESUS, WHAT WILL I DO WITH YOU?

Recipe for rest for my soul

Matthew 11:28-30 Jesus says, “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.”



Am I experiencing the rest Jesus offers me?



JESUS, WHAT WILL I DO WITH YOU?

Why do I feel like I am being torn apart on the inside?

James 1:12-13

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one.



Why do I feel like I am being torn apart on the inside?

James 1:14-15

But each person is tempted when he is **lured and enticed** by his own **desire**. Then **desire** when it has **conceived** gives birth to sin, and sin when it is fully grown brings forth death.



How can I have rest in my soul when so many things clamor for my attention?



JESUS, WHAT WILL I DO WITH YOU?

The answer in dealing with my desires

Hebrews 4:14-16 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.



How can I have rest in my soul when so many things clamor for my attention?

- Believing Jesus for who He is out of this world:
- “great” – there is no one better
- “high priest” – best mediator between us and God
- “who passed through the heavens” – not just entering into the Holy of Holies but direct presence of God
- “son of God” – Jesus is God



JESUS, WHAT WILL I DO WITH YOU?

How can I have rest in my soul when so many things clamor for my attention?

- Embracing Jesus for having been *in this world*:
- “sympathize with my weakness”- Jesus has been there and done that – undermine *resistance* to temptation
- “has been tempted as me”- *understands* the sensations and emotions that go with my weaknesses and the impact of my desires
- “yet without sin”- *holiness* in human bodies that sin



JESUS, WHAT WILL I DO WITH YOU?

So how do I respond to Jesus in my weakness?

- “hold fast my confession” – don’t go back to my old ways
- “Let us” – we encourage one another to go to Jesus
- “draw near with confidence to the throne of grace” – 24/7 access to the source of mercy and grace whenever needed in boldness!



JESUS, WHAT WILL I DO WITH YOU?

Hebrews 10:35-36

Therefore do not know throw away your confidence, which has great reward. For you have need of endurance, so that when you have done the will of God you may receive what is promised.



As we prepare ourselves to come to Jesus...

Think of a time when you were tempted.



JESUS, WHAT WILL I DO WITH YOU?

As we prepare ourselves to come to Jesus...

Were you confident in going to Jesus to get mercy and grace to help you in your time of need? If not, why not? Ask Jesus to help you to understand who He is in order to gain the confidence to come to Him.



JESUS, WHAT WILL I DO WITH YOU?

As we prepare ourselves to come to Jesus...

Were you confident in going to Jesus to get mercy and grace to help you in your time of need? If not, why not? Ask Jesus to help you to understand who He is in order to gain the confidence to come to Him.

If you were confident, how did Jesus help you? Praise Him for His work in your heart.



JESUS, WHAT WILL I DO WITH YOU?