

Understanding Grace Session 4 – Grace and Rest

I. Review

A. Previous Sessions

1. **Session 1 – Introduction to Grace**
2. **Session 2 – Saved by Grace**
3. **Session 3 – Established in Righteousness**
 - a. Righteousness is to be right or in right standing with God.
 - b. My righteous position is established in Jesus.
 - c. My righteous position is established by faith.
 - d. Romans 5:1 and Romans 3:28 declare that we are justified by faith.
 - e. How well you are established in righteousness determines your position of power. *Until you are convinced of your righteous position in Christ, you will never be able to fully utilize the authority and power that has been made available to you.*

II. Grace and Rest

Because my righteousness is an act of God's grace, I can rest from my own labor in attempt to become righteous.

- A. **Hebrews 4:1-3 (NKJV)** – 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, ^[a]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.**

1. **Rest Defined**
 - a. a putting to rest/a calm place.
 - b. To make quiet/to be still.
 - c. To cause someone who is striving to do something to desist.
 - d. To settle down.

2. **Come Short of it** = Although a place of rest has been provided, it is possible to miss it.

3. **Israel** – The word of promise was declared to Israel regarding the promised land, however an entire generation missed it because they failed to enter by faith.

4. **Vs 3** – Only those who believe enter the place of rest.

5. **Vs 1 – Let us fear** = be cautious, aware and diligent.

- B. God wants us to enter this place of “REST”.
This “REST” is to enter trust, confidence, and total reliance upon him.
 1. To rest is not to be passive or to ignore.
 2. To rest means, I work in the finished work of Christ
What is already complete!
 3. When we believe, we rest.
 4. When we do not believe, we work (Do something in attempt to receive)
 5. EXAMPLE: Are you praising to move God or are you praising because you know He has already moved?

C. The Right Kind of Labor

Hebrews 4:11 (KJV) – *Let us labor therefore to enter that rest, lest any man fall after the same example of unbelief.*

Hebrews 4:11 (AMP) – *Let us therefore make every effort to enter that rest [of God, to know and experience it for ourselves], so that no one will fall by following the same example of disobedience [as those who died in the wilderness].*

1. We are to labor to enter “Rest”.
2. A failure to “Rest” is unbelief and disobedience.
3. I do not “Work the word” to get God to move.
4. I work the word to stay at rest (Other Christian Practices).
5. In the New Covenant, working to receive = the sin of unbelief.
6. My #1 reason for labor is to remain at rest.
7. I also labor to;
 - a. Develop my faith
 - b. Master my emotions
 - c. Renew my mind
 - d. Stay in faith
 - e. Hold onto my profession of faith

D. How are you Resting?

How are you resting in the finished work of Christ?

1. Too many believers are trying to complete the completed works
2. Too many believers are trying to finish what has already been finished.

3. We need to stop working and struggling and start resting and believing!

III. Things to Consider from Scripture

A. The Words of Jesus

Matthew 11:29-30 (KJV) – ²⁹*Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.* ³⁰*For my yoke is easy, and my burden is light.*

B. The Words of Paul

Ephesians 2:5-6 (NKJV) – ⁵*even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved),* ⁶*and raised us up together, and made us sit together in the heavenly places in Christ Jesus.*

1. Jesus finished His work and was seated. (He is at rest.)
2. When we are seated with Him, we rest with him!
Many are continually tempted to get up and work!

C. The Example of Mary and Martha

Luke 10:38-42 (NKJV) – ³⁸Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹And she had a sister called Mary, who also sat at ^[a]Jesus' feet and heard His word. ⁴⁰But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore, tell her to help me." ⁴¹And ^[b]Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. ⁴²But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.

1. Martha is distracted with much serving.
2. Mary is seated/resting at the feet of Jesus allowing Him to serve her.
3. **Matthew 20:28 (NKJV)** – *Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.*
Jesus came to serve vs being served.
4. How often have you heard it said, "If you want to be saved you must serve the Lord"?
5. Martha was "DISTRACTED" by serving.
Many in the church are "DISTRACTED "by serving.
6. Every believer/saved person should serve!
We cannot serve until we have first been served by HIM.
7. In the world, we work and then rest.
In the Kingdom of God, we rest and then work.
You cannot effectively work until you first learn to rest.