

The Epistle to the HEBREWS

Chapter 4

“Jesus, Our Rest”

I) CHRISTIANS REST THROUGH FEAR AND FAITH! (v1-7)

(v1a) When there is a *“therefore”* we need to look before, that is chapter 3:12-19 (observation: therefore *“beware”* lest we fall in *“unbelief”*); notice the *“promise”* of *“entering His rest.”* (v1b-3) There are two keys to *“REST”*:

- **Key #1 - FEAR** - A healthy fear of God will bring you into His rest and will maintain rest for your soul. The **“FEAR OF GOD”** is defined as reverence or respect, also to recognize danger. Let’s look at the following **“FEAR FACTORS”** – Psalm 19:9; 34:11; 111:10; Proverbs 1:7; 2:5; 9:10; 10:27; 14:27; 15:16,33; 16:6; 19:23; 22:4; 23:17.
- **Key #2 – FAITH** - That is to hear the Word of God, to believe in the Word of God and to act upon the Word of God! **Romans 10:17** - *So then faith comes by hearing, and hearing by the word of God.* Jesus said in **Matthew 11:28-30** - *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

(v4-7) God gave us an example of rest in creation, which we do well to embrace spiritually and physically. Verse 7 is quoted from Psalm 95, let’s read and discover the **“REST”** of the story.

- **Psalm 95 insights – WORSHIP, JOY, THANKSGIVING, EXALTATION, PRAYER, HEAR HIS VOICE (the Word), and BE WARNED!**

II) CHRISTIANS REST IN CHRIST! (v8-16)

(v8) Let’s listen to Joshua in Joshua 24:13-28 (We can rest by **SERVING GOD** or sweat in **SIN!**)

(v9-12) **THE WORD OF GOD IS LIVING AND POWERFUL! In the Word of God we find promises of God, which produces the PEACE OF GOD, REST FOR YOUR SOUL.**

- Let’s look at some **REST ROBBERS:**
 - **“FEAR”** – **1 John 4:14-19** - *And we have seen and testify that the Father has sent the Son as Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him* because He first loved us.*

- **“ANXIETY / WORRY”** – **Matthew 6:25-34**

- **“WEIGHT OF SIN”** – **Hebrews 12:1-2** - *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

(v13-16) There is coming a day of judgment of which we must give account, either your sins have been paid for through the precious blood of Christ or you will be judged for your sins (Rev. 20:11-15); our sinless Savior Jesus Christ died for you, to save you, to love you, to bless you and offer you eternal life; come to His throne of mercy and grace! Christian, hold fast your confession of faith in Christ!

“LET’S REST IN CHRIST!”