

## Hebrews 4:1-11 His Rest

**Intro: Have you ever heard the phrase – if it sounds too good to be true – IT PROBABLY IS? RIGHT**

A) In most things that sound so good there is always a CATCH / **always strings attached** even when they say there isn't. **Always the FINE PRINT!!!!**

Aa) I remember back about 10 years ago – I received the thing in the mail for the 10 million dollar publishers clearing house sweep stakes –

**Ed McMahon – saw commercials –**

B) I am going to give this a try and if we win we will use the **money to build a new church building** – no CATCH – **didn't have to buy anything.**

1) Right? - **RIGHT!!!!**

C) Each month I filled out the info and sent it in the only cost was a 25 cent stamp.

D) Each month I was rising on the possibility chart – I was now **one of 100 finalist** – a little excited

E) My wife said I was **stupid** – at least that is how I heard it – she said it nicer than that.

1) Pastor Eddie said - ***if it sounds too good to be true – IT PROBABLY IS?***

**This is different – I have seen the winners – God might be in this. Good cause.**

**My possibilities for winning were getting better!**

A) I was one of 20 finalist – then 10 – down to 5 – 6 months **my only investment** was a few minutes and 25 cents.

B) Then it got down to **one of 3 finalist** – then came the hitch.

1) “Your odds of winning would go up a lot if you committed to buying one or more of these magazine subscriptions.”

C) **ONCE AGAIN EDDIE HILL WAS RIGHT – ALWAYS RIGHT!**

**if it sounds too good to be true – IT PROBABLY IS?**

**That is what the children of Israel thought – when they came to Kadesh Barnea and the 12 spies went into the Promise land.**

A) **We saw in Chapter 3 of Hebrews the writer pulls from the O.T. picture of Israel's Deliverance from Egypt**

B) where God led his people out of Egypt with **Great Power**

1) Destroyed their Former – Master – at the Red Sea

C) And For a yr. & ½ He Miraculously provided for them – **water / manna / quail.**

D) He led them **Cloud by day** – **Pillar fire by night / Protection from Enemies**

After that He took them to the door way of the Promised land – Kadesh Barnea – 12 Spies sent in – Came back -Joshua & Caleb and Preached Gospel –

A)That is what he calls it hear in V.1 they had the gospel preached to them – just like us!

B)Gospel = Goodnews!

1)This was the gospel Joshua and Caleb preached

C) “God has given us this land – Land flowing w/ milk & Honey – awesome place.”

1) Inhabitants are **our Bread**/ nourish our faith - Not our ability but in God’s ability – **So lets go**

D) But the other ten spies offered Bad news – Too good to be true – Giants are too big for us!

1)And the People doubted

E)After all that God had done & showed them of His Power & Provision – they didn’t Believe –

Jason did a great Job of pointing out that their struggles in faith started long before they came to Kadesh Barnea

A) REALLY RED SEA! – Led us here to die!

B)Continued to doubt and murmur and complain Kadesh was the final manifestation of what had been going on for a year and ½ !

C)So God said Because of their Unbelief they will not enter into MY REST- PSALM 95

V 3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, { ANGERED GOD } "They shall not enter My rest," although the works were finished from the foundation of the world.

D)In other words: this whole plan of God for **Blessing, Rest and fulfillment** was established from the foundation of the world.

Pt is this: Experiencing HIS REST involves faith!

“Promises have to be believed in order to be enjoyed: faith is in it’s very nature a resting in the promise and the promiser, until He fulfills it in us. Only faith can enter into rest. The fullness of faith enters into full rest.” Andrew Murray

So the Focus of Chapter 4 is to say: This is what the Lord has done for us – this is who we are in Christ – lets be diligent to walk in that!

A)Don’t be guilty of doing what Israel did when the 10 spies came back with the bad report – saying this is too good to be true – GIANTS

B)There is still GOODNEWS there remains a rest for the pp of God – Believe it Enjoy it

C)But what is this Rest that remains?

5 things in our text

**#1 HIS REST is NOT found IN A CERTAIN DAY!**

Heb 4:4-7

**4 For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; 5 and again in this place: "They shall not enter My rest."**

**6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts."**

**When I was a kid - I lived for Saturdays - the day!**

A.)T.V. in the morning - baseball, basketball - all day!  
Some days Bike 10 miles beach - catch waves - lay on sand (awesome)

B.)People today LIVE for weekends - party - cut loose;  
relax - get away from stress **TGIF**

Bb) The Jewish People had a special day of Rest –  
**CALLED THE SABBATH!**

**C)The Lord instituted for His people one day in seven where they would cease from Labor , work , exertion.**

**God modeled this Himself in Creation on the 7<sup>th</sup> day - He rested! Why did God rest ?**

A) Note it wasn't that he was tired – or exhausted!

B)It wasn't like some of those movies where the star has special powers – uses them – recharged!

C)God On the seventh day He Rested – not because He was tired – but because He was **DONE** –  
1)the work of creation **FINISHED**. {important pt

**The Pt of the Sabbath was about Resting in the Provision of God!**

A)It was a picture of Salvation pointing to the Finished work of Christ! **RESTING IN THAT!**

B)The Sabbath was also a time of trusting in God's provision for our daily needs.

1)Pick Manna for 5 days – **only enough for that day** – on the 6<sup>th</sup> day they would pick for 2 days – had to trust God would provide enough

B) There were the Sabbath yrs – work the fields for 6 yrs / then take one off / trust that the Lord would provide enough in that 6<sup>th</sup> yr. for the 7<sup>th</sup>

C)The Sabbath was a special day/ but the pt. The writer is making in v.4-7 is it wasn't the Complete Rest which is why the Lord spoke of another day

**But 1,000 yrs after the Sabbath was instituted God declared in Psalm 95 spoke of another Rest**

A)Some would enter into by faith but others would miss out on in because of UNBELIEF!

B)This SIGNIFIED that the future rest that the Psalmist spoke of was not the rest found in the Sabbath day

C)Sabbath day was a picture of that Rest!

**Well the Jewish person would say - then it must be the rest of the promised land.**

A)God called Canaan the land of REST & Joshua took them into the Land.

**#2 His Rest is not found in a place!**

***<sup>8</sup>For if Joshua had given them rest, then He would not afterward have spoken of another day.***

C)Same problem – GOD spoke of another day – the rest isn't found in a Place – because GOD spoke of another day – even after Joshua led them in .....

D)Joshua led the 2<sup>nd</sup> Generation of Israelites into the land of Rest / they experienced some of the Blessings & the Abundance

E) It was a Rich Land/ yet Joshua spoke of another day – More Perfect Rest

**HIS REST is even Better than Canaan!**

**#3 His Rest is about a Finished Work! V.9-10**

*There remains therefore a rest for the people of God. <sup>10</sup>For he who has entered His rest has himself also ceased from his works as God did from His.*

A)***His Rest*** – He ceased from His Works /

1)We noted in V. 4 God rested on the seventh day from His work because He was finished!

B)Christ declared on the Cross – it is finished – Work of REDEMPTION was complete!

1)Nothing needed to be added to it!

C)Here is the point – the person who has found His Rest in Christ has learned – **THE WORK IS DONE**

1)Not found in following rules / or keeping religious code

D)It is not found in some **special place** of worship or Meditation

**E) It is found by placing my faith in the finished work of Christ & Surrendering to His leading in my life**

1)Not striving working to earn his favor – Realizing I have it.

**But this doesn't only PERTAIN TO SALVATION!**

A)The whole Christian life – resting in the Promise of God! Resting in the Provision of God

#### #4 His REST is an ACTIVE REST!

- A) That is what Canaan Rest represents for the Christian!
- B) Not Heaven
- C) No in Canaan there were battles to fight / Enemies to Conquer / work to be done / Cities to be built.
- D) There are **No SUCH THINGS IN HEAVEN** –

**The Land of Canaan – the rest of Canaan represents for the Believer in Jesus Christ the *SPIRIT FILLED / SPIRIT LED LIFE***

- A) A Life that is Fixed on the Promise of God :
- B) Life of being submitted to & led by the Lord –
- C) Canaan represents the Christian life as it ought to be lived!
  - 1) sure conflicts; battles; warfare - but victories!
- D) Canaan represents that time where we are moving forward / living on promises / seeking to take hold of the inheritance we have in Christ!
- E) This was the problem these young Jewish believers in the 1<sup>st</sup> century were failing to see.
  - 1) **It is the point of the picture.**

**These Hebrew believers were not experiencing rest in coming to Christ- like they EXPECTED**

- A) They were suffering – persecuted – written off by family
- B) Attitude was wait this isn't what I signed up for.
  - 1) Failed to realize – **Christian life involves trials**

**The same problem the Exodus Generation faced they loved the idea of being freed from the bondage of Egypt – but don't tell me about Giants – battles etc**

A) And yet God **called it the land of Rest!** Because He was going to provide the **victory/ strength/ provision**

- B) They just had to believe – Jericho is a classic example of that.
  - 1) **You March – you shout** – I will bring the walls down you – go defeat the enemy!
- C) I will lead you provide for you and give you strength over these Giants –
  - 1) The Exodus Gen failed to belief that - perished

**For these young Jewish believers living in the first century Their giants were in the form of Persecution – suffering and being written off by family**

A) God would say trust me – family might forsake you but I will never forsake you.

**B) They might Kill your Body – but don't fear them – trust me who controls what happens to your soul.**

**C) But in the face of persecution they were being tempted to say: this is not what I signed up for!**

**D) Faith says: I am going to Rest in the Promise of God!**

**1) Faith says I am going to take God at His word!**

**Spurgeon calls this a PROFITABLE MIXTURE**

**A) The word of God and the Promises - when mixed w/ faith good thing – Profitable Mixture**

**B) Promises Galore – over 7,000 2 Corinthians 1:20 “All the promises of God are yes and Amen in Christ.”**

**C) God says: The work of Salvation was finished in Christ/**

**1) He will provide for all my needs /**

**2) God says that all things work together for Good .....**

**3) Give Power / Give the H.S. / Never leave**

**D) God says here is the Good news: Here is the promise of Rest that Remains – JESUS**

**1) I can believe it walk in it or I can say where is the CATCH– I know there is a Hitch in this**

**1) Where is the fine print – too good to be true**

**It is an Active Rest**

**A) Involves Walking / building / battling – But believing in the Power and promise of God**

**B) In our Trials we are tempted to say: Lord this is not what I signed up for! He says Trust me**

**C) Difficult marriage – Trust me my grace is sufficient**

**D) Mission field/ Ministry Hard – “Trust me I am doing a work in you as well as through you.”**

**E) Walk in that believe that = Active Rest!**

**One of the greatest examples of the life of Active Rest is found in George Muller {Famous Missionary**

**A) George Mueller was a Man of incredible faith - He was used mightily by the Lord!**

**Aa) Started ministry orphans and street kids - when he died in 1898, his death was national event -**

It is recorded of his funeral that nothing like it was ever seen in the city. Businesses closed to give their employees time off to witness the event.

Thousands lined the streets leading to the cemetery. The whole city mourned

Obituary notices appeared in newspapers nationwide.

England's Daily Telegraph summed up the life of this great Christian: *"Mr. Mueller robbed the cruel streets of thousands of victims, the jails of thousands of felons, the workhouse of thousands of helpless Kids ."*

The Bristol Times said, *"He was raised up for the purpose of showing that the age of miracles is not past"*

Few people labored as long and as arduously in the cause of Christ as George Mueller. **When he was seventy years** of age he decided to become a missionary.

He already had behind him **some mighty monuments to a life of faith.** Five large orphan houses stood as monuments to his extraordinary vision, zeal, and trust in God. More than a thousand orphans has been loved, housed, fed, educated and settled in gainful employment.

Nearly two million Bibles had been circulated through his efforts. three million books and tracts had been given away. A poor man, solely dependent on God, George Mueller had received and given away the astonishing sum of \$7.5 million

**When he was seventy he decided the time had come for a change.** He would be a missionary! Five times within the first eight years of his Christian life George Mueller had offered himself as a missionary candidate to various mission boards.

He had always been turned down as **unpromising material!**

**Now suddenly the world became his parish.**

He traveled throughout the United Kingdom, the European continent, the United States, the mainland of Asia, the subcontinent of Australia.

He traveled more than 200,000 miles in days when traveling was not as convenient and as comfortable as it is today.

He spoke more than six thousand times, despite advancing years. He died at the age of ninety-three and entered into his eternal rest.

**What was the secret of this busy life? Rest!**

A)He had learned the secret of **Christ rest.**

**B)Learned the Joy in RESTING IN Christ finished work and Relying on Christ Power and Promise!**

**#5 We must be DILIGENT to Enter HIS REST! V.11**

*<sup>11</sup>Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.*

A)**Diligent** = make it your priority

B)Make experiencing that rest a priority!

classified ad in a New Mexico Paper :*"Farmer with 160 irrigated acres wants marriage-minded woman with tractor. When replying, please show picture of tractor"*

### **C)There was no doubting what the priority was!**

Someone is reported to have asked a concert violinist in New York's Carnegie Hall how she became so skilled. She said that it was by "*planned neglect.*" She planned to neglect everything that was not related to her goal.

### **Our Goal - experience enjoy the Fullness Christ!**

**A)Walk in that Active Rest – neglect everything that fights against that**

**B)Neglect the mentality – Earn God’s favor!**

C)Neglect the Urge to make things happen my strength

### **Closing: Are you for Salvation – Resting in the finished work of Christ today?**

**A)In Our walks:**

**Marriage** Believing what God says in his word – how marriage works by the strength of his spirit I am going to walk in that – trust He will perform

**B)Provision / titheing – Trust God says and walk in it.**

**C)Witnessing – His word will not return void –Share it**

**D)My kids – Train up**

**E)Commitment today to Rest! -**