

"Getting the Rest You Need"  
Hebrews 4:1-11

Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. 2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. 3 For we who have believed enter that rest, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world. 4 For He has said somewhere concerning the seventh day: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"; 5 and again in this passage, "THEY SHALL NOT ENTER MY REST." 6 Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, 7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS." 8 For if Joshua had given them rest, He would not have spoken of another day after that. 9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His. 11 Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

1. God designed us to need physical rest.
  2. God designed us to need intellectual rest.
  3. God designed us to need emotional rest.
  4. God designed us to need spiritual rest.
- I. Scripture warns us about the state of restlessness. (v.1-2)

Therefore, let us fear if, while a promise remains of entering His rest, **any one of you may seem to have come short of it.** 2 For indeed we have had good news preached to us, just as they also; **but the word they heard did not profit them, because it was not united by faith in those who heard.**

1. This spiritual restlessness should make us fearful. (v.1)

Therefore, **let us fear if,** while a promise remains of entering His rest, **any one of you may seem to have come short of it.**

2. This spiritual restlessness should lead us to faith. (v.2)

**but the word they heard did not profit them, because it was not united by faith in those who heard.**

3. This spiritual restlessness should change our focus. (v.3)

**For we who have believed enter that rest**, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," **although His works were finished from the foundation of the world.**

II. Scripture witnesses to us about the state of restfulness. (v.4-5)

For He has said somewhere concerning the seventh day: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"; 5 and again in this passage, "THEY SHALL NOT ENTER MY REST."

1. Restfulness is a result of God's satisfaction. (v.4)

"AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS";

2. Restfulness is a result of Man's submission. (v.6)

Therefore, since it remains for some to enter it, and those who formerly had good news preached to them **failed to enter because of disobedience**,

3. Restfulness is a result of unmerited salvation. (v.7-8)

He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "**TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS.**" For if Joshua had given them rest, He would not have spoken of another day after that.

III. Scripture welcomes us to enter His rest. (v.9-11)

So **there remains a Sabbath rest** for the people of God. For the **one who has entered His rest has himself also rested from his works**, as God did from His. Therefore **let us be diligent to enter that rest**, so that no one will fall, through following the same example of disobedience

1. We enter His rest by accepting His invitation. (Matt 11:28)

**"Come to Me**, all who are weary and heavy-laden, **and I will give you rest.**

2. We enter His rest by receiving His instruction. (Matt. 11:29)

"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.**

3. We enter His rest by experiencing His incarnation. (Matt. 11:30)

"For **My yoke** is easy **and My burden** is light."

**If You look at the World**

you'll be distressed

**If you look within**

You'll be depressed

**If you look at God**

You'll be at rest.



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