

LEARNING TO REST

Hebrews 4:1-11

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1. WARNING CONCERNING GOD'S REST 4:1

- Unbelief kept Israel from entering God's rest and enjoying what God wanted to give them.
- God has promised to give us rest.
- We can trust God and enjoy it, or we can miss out on it.

2. EXPLANATION OF GOD'S REST 4:2-8

A. Israel Had a Problem 4:2-3a

- They heard good news about what God wanted to do for them.
- The good news they heard wasn't united with faith.

HEARING + **TRUSTING** = **REST**

"Those who trust Him enter His rest."

B. God Is the Author of Rest 4:3b-5

C. The Offer Continues to Be Extended to Us 4:6-8

- God's rest became available at creation.
- God's rest was available at Kadesh.
- God's rest was available under Joshua.
- God's rest was available in David's day.
- God's rest is available to us today.

3. THE OFFER OF GOD'S REST 4:9-11

A. The Promise 4:9-10

- Doesn't refer to salvation.
- Does refer to the blessing God promised.
- Ultimately, total fulfillment comes during the millennium.

B. Two Major Obstacles Block Our Entering into God's Rest

1 PANIC

- It may get us out of man-made messes sometimes.
- It will never produce rest.

2 PRIDE

- It tells us we can fix it ourselves.
- It keeps us from trusting God.

C. The Urging 4:11

"Struggle to rest!"

What does God want ME to do about what I've heard Him say today?

Learn to enjoy God's rest.
=> Relax!
Trust God with the stress.



Hear. Trust. Rest. Enjoy God's Promise Today!