

God is Able: A Walk through the book of Hebrews

God is able to give you rest Hebrews 4:1-11

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Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. 3 Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his work has been finished since the creation of the world. 4 For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work." 5 And again in the passage above he says, "They shall never enter my rest." 6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. 7 Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts." 8 For if Joshua had given them rest, God would not have spoken later about another day. 9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from his own work, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

Big Idea: God is able to give rest to those who come to Him through faith. This rest grows deeper the more we trust Jesus and obey His Word.

I. The _____ of spiritual rest is available to all.

Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

Matthew 11:28 Come unto me, all ye that labor and are heavy laden, and I will give you rest.

Romans 5:1 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

Romans 10:13 for, "Everyone who calls on the name of the Lord will be saved."

"Thou movest us to delight in praising thee, for thou hast formed us for Thyself, and our hearts are restless until they find rest in Thee." Augustine (Confessions).

Our Response: Consider the rest that Jesus Christ can bring to your life. Ephesians 2:8-9, Titus 3:5, Matthew 11:28-30.

II. _____ keeps us from entering into the rest of the God.

Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.

Titus 1:16 They claim to know God, but by their actions they deny him. They are detestable, disobedient and unfit for doing anything good.

A. Trials will test the _____ of our faith.

6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. 7b he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts."

Numbers 14: 9 Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will swallow them up. Their protection is gone, but the LORD is with us. Do not be afraid of them."

B. God provides rest as we _____ Him with our lives.

Hebrews 4:8 And so this is still a live promise. It wasn't canceled at the time of Joshua; otherwise, God wouldn't keep renewing the appointment for "today." 9 The promise of "arrival" and "rest" is still there for God's people. (The Message)

Matthew 11:29 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.

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. (See John 11:25-26)

The more we trust Jesus, the more rest we experience.

III. Future rest is _____ by the finished work of Jesus.

Hebrews 4:10 for anyone who enters God's rest also rests from his own work, just as God did from his.

John 19:30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Hebrews 10:12 But when this priest had offered for all time one sacrifice for sins, he sat down at the right hand of God.

A. Future rest encourages _____ in the present.

Hebrews 4:11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

Exodus 33:14 The LORD replied, "My Presence will go with you, and I will give you rest."

B. Future rest will be _____!

Hebrews 4:6a It still remains that some will enter that rest,

Isaiah 11:10 In that day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his place of rest will be glorious.

2Corinthians 4:17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

Hebrews 10:23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Philippians 4:9 Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you. (See Psalm 46).

Our Response: The more we **obey Jesus**, the more **glory** we will bring Him and the **greater rest** we will experience in this life and the next.