

## TRUE REST

### Hebrews 4:1-13

**Big Idea:** *True rest is found only by faith in Jesus Christ.*

#### 1. The promise of true rest \_\_\_\_\_ .

<sup>1</sup> “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. <sup>2</sup> 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.”

Matthew 11:28-30 “Come to Me, all who are weary and heavy-laden, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For My yoke is easy and My burden is light.”

Proverbs 9:10 “The fear of the Lord is the beginning of wisdom, And the knowledge of the Holy One is understanding.”

Luke 12:4-5 “I say to you, My friends, do not be afraid of those who kill the body and after that have no more that they can do. <sup>5</sup> But I will warn you whom to fear: fear the One who, after He has killed, has authority to cast into hell; yes, I tell you, fear Him!”

#### 2. True rest is found \_\_\_\_\_ .

<sup>10</sup> “For the one who has entered His rest has himself also rested from his works, as God did from His. <sup>11</sup> Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience.”

<sup>4</sup> “For He has said somewhere concerning the seventh *day*: ‘And God rested on the seventh day from all His works’; <sup>5</sup> and again in this *passage*, ‘They shall not enter My rest.’ <sup>6</sup> 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.”

Colossians 2:16-17 “Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day— <sup>17</sup> things which are a *mere* shadow of what is to come; but the substance belongs to Christ.”

Revelation 14:13 “And I heard a voice from heaven, saying, ‘Write, ‘Blessed are the dead who die in the Lord from now on!’ ‘Yes,’ says the Spirit, ‘so that they may rest from their labors, for their deeds follow with them.’”

#### 3. God’s Word \_\_\_\_\_ whether we have entered into true rest.

<sup>11</sup> “Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience. <sup>12</sup> For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. <sup>13</sup> And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.”

Jeremiah 17:10 “I, the Lord, search the heart, I test the mind, Even to give to each man according to his ways, According to the results of his deeds.”

John 2:24-25 “But Jesus, on His part, was not entrusting Himself to them, for He knew all men, <sup>25</sup> and because He did not need anyone to testify concerning man, for He Himself knew what was in man.”

**NOTES:**