

“ENTERING THE PROMISE OF GOD’S REST” (Hebrews 4:1-11)

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INTRO: Let’s continue working our way through Hebrews and prepare to assimilate the spiritual meat it offers us.

I. THERE IS A PROMISE OF ENTERING GOD’S REST (vv. 1-7).

A. The previous chapter mentioned this rest (Heb. 3:11, 18).

B. The promise of entering God’s rest (v. 1).

C. How do we enter this rest? NOTE: This rest is something we enter more than something that enters us!

1. Faith (vv. 2-3a).

a. Israel failed to enter this rest because of unbelief.

b. We should learn from their example (1Cor. 10:11).

2. Resting from all your works (vv. 3b-5).

a. God modelled this rest (Gen. 2:2).

b. Resting is ceasing from our works, not just not going to work!

c. Resting from our works includes resting from trying to produce through the energy of the flesh.

3. Obedience (v. 6).

a. Notice that Israel’s entering the Promised Land was conditional!

4. Hearing God’s voice (v. 7).

a. Hearing God’s voice is listening, believing & obeying.

b. When we don’t hear, it leads to a hardened heart.

c. Are you hearing God’s voice calling you to this rest?

II. WORKING TO ENTER GOD’S REST (vv. 8-11).

A. Know and believe there remains a rest for the people of God (vv. 8-9).

1. The Promised Land is a type of this rest – a type of our spiritual inheritance in Christ (Eph. 1:3, 11, 18-21).

B. Enter His rest by ceasing from all your works (v. 10).

1. This rest goes beyond the physical.

C. Be diligent to enter this rest (v. 11).

1. Work to enter this rest!

CONCLUSION: There is a supernatural rest for you to enter! Will you (Matthew 11:28-30)?