

# Finding True Rest – Hebrews 3:7-4:13

## Introduction

What are we not talking about?

- Resting from physical or mental exhaustion
- Becoming more efficient with time and effort
- Figuring out how not to be so busy

What are we talking about?

- Rest in the Person of Christ
- Rest in the Presence of Christ
- Rest in the Performance of Christ

Mathew 11:28-30

<sup>28</sup>Come to me, all who labor and are 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 lowly in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.”

## True Rest – Hebrews 3:7-4:13

- Why do we need true rest?
- How do we find true rest?
- Where do we get the power for true rest?

## Why do we need true rest?

- We have hard hearts – Hebrews 3:8-9
- We have wandering hearts – Hebrews 3:10-11
- We have unbelieving hearts – Hebrews 3:12

What does a hard, wandering and Unbelieving heart look like?

It is shown in your thoughts, words and actions.

- Bitterness from the past – “Grumbling . . . Back in Egypt”
- Depressed about the present circumstances of life – “Food, Water, Shelter, Leadership, Tired, Worship”
- Anxious about the Future – “You brought us here to die.”

## **How do we find true rest– It’s a Process – Hebrews 4:1-3**

1. *Promise*
2. *Fear*
3. *Faith*
4. *Belief*
5. *Rest*

## **Where do we get the power for true rest?**

1. Listening to the Holy Spirit
  - Today - Hebrews 3:7 & 15
  - That Day – Hebrews 4:7-10
2. Including other believers (One another's)- Hebrews 3:12-14
  - Care for one another – Believe.
  - Exhort one another – Don’t sin.
  - Share Christ – Be confident in His work.
3. Following the Example of Jesus
  - Rest from our own good works – Hebrews 4:10
  - Turn away from our disobedience – Hebrews 4:11
4. 4. Trust in the Word of God - Hebrews 4:12
  - Soul
  - Body
  - Heart

Hebrews 4:12

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

Deuteronomy 6:4-9

<sup>4</sup>“Hear, O Israel: The Lord our God, the Lord is one. <sup>5</sup>You shall love the Lord your God with all your heart and with all your soul and with all your might. <sup>6</sup>And these words that I command you today shall be on your heart. <sup>7</sup>You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup>You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup>You shall write them on the doorposts of your house and on your gates.

**Closing Thought:**

To truly know Him as your Comforter requires that he allows you to experience grief. Similarly to know Him as your Healer requires disease and pain. To know Him as your Strength requires that you feel your own weakness. Do you want to know God as your provider? Expect to find yourself in need and desperation. Do you want to know Him as your peace? Count on conditions of turmoil and unrest. If you want to know God as your sustainer, get ready for a phase of prolonged testing. Your Defender and Advocate? Expect false accusations and times of misunderstanding. Finally, if you're ever going to know God as your resurrection, well . . . Prepare to die."

**Nate Bramsen**

Author of *"What if Jesus meant what He said"*