

GET OFF THE TREAD MILL ~ Hebrews 4:1-11

→ Scripture Reading: Jeremiah 6:16, Matt. 11:28-30

DO NOT FALL SHORT ~ Hebrews 4:1-5

[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.

REST IN HEBREWS 4 Life App. Com.

- promised *REST* of Israel in the LAND
- God's *REST* after CREATION
- *REST* experienced by Christians NOW and in the FUTURE

[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.

THE REST THAT ISRAEL WAS PROMISED INCLUDED... Life App. Com. (Deut. 12:9-11)

- the promised LAND itself
- security of being the CHOSEN people
- ENDING of wars
- God's PRESENCE through the tabernacle

[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."

APPLICATION

→ The Difficulties of the present moment overshadowed the reality of God's promise, and the people DOUBTED that God would keep His promises. Life App.Com

Rest - cessation of movement or action

Rest - freedom from mental or emotional anxiety

→ REST - the enjoyment of an intimate close relationship with Jesus Christ

Matthew 11:28-30 (NIV) "Come to me, all you who are weary and burdened, and I will give you REST. [29] 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. [30] For my yoke is easy and my burden is light."

TAKING THE YOKE MEANS WE... Preaching the Word

- Trust in Christ's sacrificial death **BEGINS** our *REST*
- Trust in his Character as an Almighty God

→ REST - the enjoyment of an intimate close relationship with Jesus Christ

→ REST - is NEVER about our Circumstances - Rest is about TRUSTING God!

ENTER GOD'S REST ~ Hebrews 4:6-11

[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.

APPLICATION

THIS CALLS FOR...

- Perseverance - hang in there, keep going, do NOT give up
- Dependence - cry out for HELP - we cannot do this ALONE - Surrender

The effort calls for Christ power, not willpower. A confession of helplessness and an ardent trust in Christ is the beginning of the effort needed. Holman NT Com

Philippians 2:12-13 (NLT) Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. **WORK HARD** to show the results of your salvation, obeying God with deep reverence and fear. [13] For **GOD IS WORKING** in you, **giving you the DESIRE** and **the POWER** to do what pleases him.

Psalms 46:10 (NASU) "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

TAKE AWAY ??

Jeremiah 6:16 (NIV) This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"

Isaiah 30:15 (NIV) This is what the Sovereign Lord, the Holy One of Israel, says: "In **repentance** and **rest** is your salvation, in **quietness** and **trust** is your strength, but you would have none of it.

→REST - is NEVER about our Circumstances - Rest is about TRUSTING God!

QUESTIONS

1. Why is it so much easier to stay on the Treadmill than to REALLY spend time with Jesus?
2. How can we get off the Treadmill of worry, doubt, fear?
3. How can we find the Spiritual Balance of Trust and Work, Rest and Effort?