

## **Jeremiah 6:16 (NLT)**

**This is what the Lord says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls. But you reply, ‘No, that’s not the road we want!’**

**Matthew 11:28 (NLT)**

**Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**

## **Matthew 11:29-30 (NLT)**

**Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. [30] For my yoke is easy to bear, and the burden I give you is light.”**

# **GET OFF THE TREAD MILL**

**Hebrews 4:1-11**

# ***REST* in Hebrews 4**

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

# The **REST** that Israel was Promised Included...

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

→ The **Difficulties of the present moment** OVERSHADOWED the reality of God's promise, and the people **DOUBTED** that God would keep His promises.

**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...

- 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!**

# **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 **PASSIONATE TRUST**  
in Christ is the beginning  
**of the effort needed.**

## 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.**

## 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?