

Outline

Intro:

The Exodus Story: Exodus 17:1-7; Numbers 13:25-29;13:30-33; 14:1-4;14:20-23; 1 Corinthians 10:1-15

I. The _____ Rest Hebrews 4:4-6,10

Genesis 2:2-3 (NASB) ² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Outline (continued)

II. Three Types of _____ Rest

A. _____ Rest Peace with God

Who needs this?

1. Natural People 1 Corinthians 2:14 Not Christians, Not spiritual, Not Born Again, No Second Birth
1 Corinthians 2:14 (NASB) ¹⁴ But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.

Outline (continued)

John 3:3-7 (NASB) ³ Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." ⁴ Nicodemus *said to Him, "How can a man be born when he is old? He cannot enter a second time into his mother's womb and be born, can he?" ⁵ Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit he cannot enter into the kingdom of God. ⁶ "That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. ⁷ "Do not be amazed that I said to you, 'You must be born again.'

Outline (continued)

Hebrews 4:3 (NASB) ³ For we who have believed enter that rest, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world.

Hebrews 4:10 (NASB) ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

Outline (continued)

B. _____ Rest Surrender Rest Canaan Rest
Consecration rest Peace of God

Hebrews 4:9 (NASB) ⁹ So there remains a Sabbath rest for the people of God.

Hebrews 4:10 (NASB) ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

Outline (continued)

Galatians 2:20 (NASB) ²⁰ "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

Who needs this?

1. Carnal People 1 Corinthians 3:1-4; 10:1-15; Hebrews 5:11-13 Romans 8:1-14 Babes in Christ, fleshly

Outline (continued)

1 Corinthians 3:1-4 (NASB) ¹ And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. ² I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able, ³ for you are still fleshly. For since there is jealousy and strife among you, are you not fleshly, and are you not walking like mere men? ⁴ For when one says, "I am of Paul," and another, "I am of Apollos," are you not mere men?

Outline (continued)

2. Spiritual People 1 Corinthians 2:10-13,15-16;
Hebrews 5:14 Romans 8:1-14 Mature in Christ
examples are Joshua & Caleb

Outline (continued)

C. Rest Heavenly Rest Eternal Rest
Revelation 14:13 Eternal Peace

Hebrews 4:9 (NASB) ⁹ So there remains a Sabbath rest for the people of God.

Revelation 14:13 (NASB) 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."

Who needs this? Everybody!

Outline (continued)

III. An _____ to Rest: The Word of God Hebrews 4:12-13

Conclusion: Matthew 11:28-30 Philippians 4:4-9
John 14:27; 16:32-33



Outline (continued)

RESOURCES

- Right Now Media – Contact Margie Lewan in the office to be set up to use this free resource: Here are some resources that go along with our message today.
- “The Ruthless Elimination of Hurry” by John Mark Comer 5 sessions 12 minutes long average Free Study Guide
- “Soul Care” by Jason Perkins 6 sessions 13 minutes long average Free Study Guide
- “Facing Anxiety” Jonathan Pokluda 4 sessions 14 minutes long average Free Study Guide
- We also just purchased over 40 titles from Hope for the Heart by June Hunt in the BCC Library:
 - “Stress – How to Cope at the End of Your Rope” by June Hunt

Message slides:

Jesus Is More

The Book of Hebrews

A scenic landscape featuring a river winding through a lush green valley. In the background, there are rugged mountains under a dramatic sky with large, dark clouds and a bright sunburst effect on the right side. The overall atmosphere is peaceful and majestic.

Entering His Rest

Hebrews 4:1-13 (NASB)

I. The Creation Rest



Hebrews 4:4 (NASB)

4 For He has said somewhere concerning the seventh *day*: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS";

Hebrews 4:5 (NASB)

⁵ and again in this *passage*, "THEY SHALL NOT ENTER MY REST."

Hebrews 4:6 (NASB)

⁶ 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,

Hebrews 4:10 (NASB)

¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.



I. The Creation Rest

II. Three Types of Creation Rest

A scenic landscape featuring a river winding through a lush green valley. The sky is filled with dramatic, dark clouds, and a bright sunburst effect emanates from the upper right corner, casting a warm, golden glow over the scene. The overall atmosphere is serene and majestic.

I. The Creation Rest

II. Three Types of Creation Rest

A. Salvation Rest

A scenic landscape featuring a river flowing through a lush green valley. In the background, there are rugged mountains under a dramatic sky with large, dark clouds and a bright sunburst effect on the right side. The overall atmosphere is serene and majestic.

Who Needs This
Salvation Rest?

Natural People

Hebrews 4:3 (NASB)

³ For we who have believed enter that rest, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world.

Hebrews 4:10 (NASB)

¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.



I. The Creation Rest

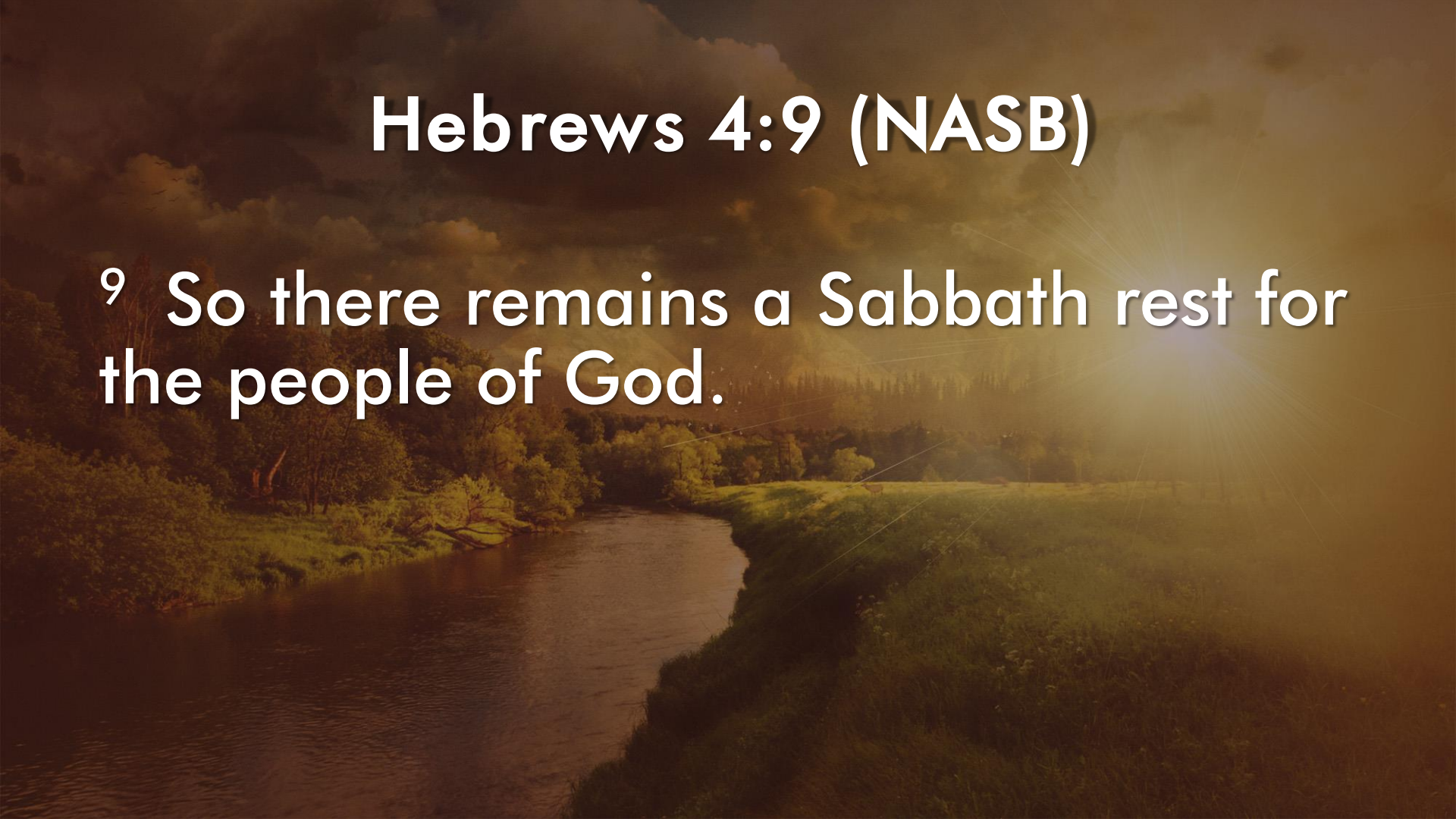
II. Three Types of Creation Rest

A. Salvation Rest

B. Sanctification Rest

Hebrews 4:9 (NASB)

9 So there remains a Sabbath rest for the people of God.



Hebrews 4:10 (NASB)

¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

A scenic landscape featuring a river flowing through a lush green valley. In the background, there are rugged mountains under a dramatic sky with large, dark clouds and a bright sunburst effect on the right side. The overall atmosphere is serene and majestic.

Who Needs This
Sanctification Rest?

Carnal People

A scenic landscape featuring a river flowing through a lush green forest towards a range of mountains. The sky is filled with dramatic, golden-hued clouds, and a bright sunburst effect is visible on the right side, casting rays across the scene.

Who Needs This
Sanctification Rest?

Carnal People
Spiritual People



I. The Creation Rest

II. Three Types of Creation Rest

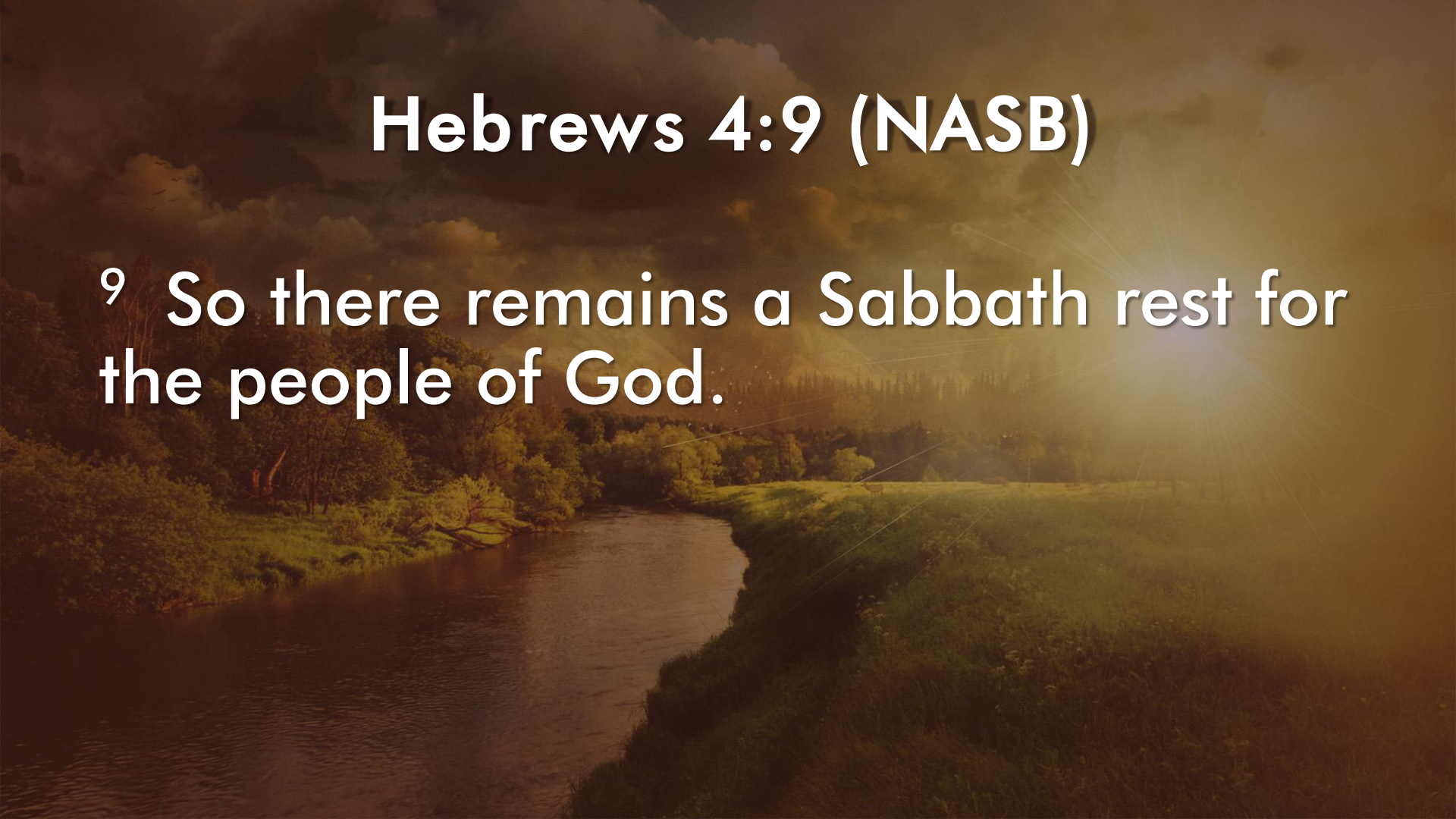
A. Salvation Rest

B. Sanctification Rest

C. Glorification Rest

Hebrews 4:9 (NASB)

9 So there remains a Sabbath rest for the people of God.



A scenic landscape featuring a river flowing through a lush green valley. In the background, there are rugged mountains under a dramatic sky with large, dark clouds and a bright sunburst effect on the right side. The overall atmosphere is serene and majestic.

Who Needs This
Glorification Rest?

Everybody!

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- I. The Creation Rest
 - II. Three Types of Creation Rest
 - A. Salvation Rest
 - B. Sanctification Rest
 - C. Glorification Rest
 - III. An Aid to Rest: The Word of God

Hebrews 4:12 (NASB)

¹² 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.

Hebrews 4:13 (NASB)

¹³ 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.



**The real
secret of
perfect rest is
to be
jealously,
habitually
occupied
with Jesus.**

--A.B. SIMPSON

COME UNTO ME, ALL WHO ARE WEARY AND HEAVY-LADEN
AND I WILL GIVE YOU REST

Matthew 11:28



ChristianPhotoshop.com

Hebrews 4:2 (NASB)

² 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.

Questions (continued)

1. If you were a slave in Egypt when you came, would you have chosen to go with Moses into the wilderness for 40 years if you had known what you would go through? Or would you have stayed in Egypt, in bondage?
2. Why do you think God rested from His creation on the seventh day? Why did He create the Sabbath and tell us to observe it? What does the Sabbath point to in regards to the types of Creation Rest that were in the sermon (Salvation, Sanctification, Glorification...Rest)?
3. Have Christians entered into His rest (see Hebrews 4:3,10)? What should that look like for you then if you have entered that rest?
4. How does leaving Egypt and crossing the Red Sea speak of Salvation Rest and the baptism we have in Christ?

Questions (continued)

5. According to John 3:3-7, how do we become a Christian?
6. How does going into Canaan and enjoying the inheritance of milk and honey and all the blessings of Canaan symbolize a Spirit-filled, sanctified believer as described in Galatians 5:22-23?
7. In Canaan, there were still battles to be fought, cities to be conquered, so Canaan does not represent the Heavenly or Eternal Rest of Glorification. It represents spiritual warfare, faith that perseveres and courage to continue on. How have you waged war to defeat sin in your life and to grow in Christ and your walk in the Holy Spirit?

Questions (continued)

8. The sanctified rest speaks of being able to overcome worry, fear and other daily assaults on our emotional, mental and spiritual lives. Is this rest really attainable in this life? Why or why not? Give Biblical reasons for your answer.
9. How does abiding in Christ (John 15:1-11) and being in union with Christ (Romans 6:3-7; Galatians 2:20), give us daily victory over the things of this world?
10. What effect does the Word of God have in aiding our entering into and walking in God's rest in this life (Hebrews 4:12-13)?

Questions (continued)

11. What does faith have to do with being in a restful state (Hebrews 4:2)? How can I grow in faith (Romans 10:17; 2 Timothy 3:16-17; 1 Peter 2:2; Hebrews 4:12)?
12. What steps can I take to more fully enjoy God's rest this week? In what area of your life are you still not enjoying God's rest?
13. How can you explain God's rest to a non-Christian?