

## Hebrews 4:8-10

### Entering God's Rest

Rest: Perhaps it is the greatest need of our time. Throughout all of history, our lives have had moments of rest, of peace in the midst of the storms. But we have at last contrived to eliminate even the temporary rests that our lives should contain. We live constantly plugged into the newsfeed of terror, of chaos, of anger, angst, and rage. We are fed opinions like water and each holds as much substance as vapor, but we take them in and judgement follows after them. We are a people void of rest, it has been said of us that we work at our play, worship our work and play at our worship; and the outcome? Just take a moment and consider the results. Murder is considered a "constitutional right", perversity and vulgarity are "self-expression" while truth is "hate-speech"...

#### I. WHAT IS OUR GREAT NEED FOR REST?

- a. Body - to have all of your labors completed. To know that they have been done, and are counted as finished. Not one more thing to be

accomplished for the God who assigned your works also assigned your life. Not one second early, not one second late. Your life is EXACTLY the span needed to complete what God intended for you to complete.

- b. Mind - consider just how much of our world is ruined by the obsessive mental chewing we give to the slightest minutia, the constant drone of our thoughts is drowned out by the ringing of our cell phones... our minds have no chance to rest, to think, to consider... we are plagued with worry, we are constantly double guessing our actions, doubt and confusion are the flavor of the day and we fret as a national pastime...
- c. Emotions - negative emotions literally are the definition of our age, fear, anger, anxiety, frustration. Everywhere we turn someone is acting out the hopelessness of this day. So we scramble into imaginary worlds contained in our media, only to find that they actually stir up the sludge of this age, contributing to the weariness

of our body, mind and soul. As always, man's solutions only make things worse!

- d. Spirit - here is the root of it all; the fact of the matter is that all of the other areas are derived from this one. Our labor becomes toil because of the spiritual reality of sin. Our minds are plagued with unease because we are not at peace with our God. Our emotions are raw in every direction because we know in our bones that none of this is RIGHT, but we really have no idea what to do about it... and of course, left to ourselves the promise of hell waits, looming in the darkness ahead.

## **II. WHAT ENDS WHEN WE ENTER REST?**

- a. What ends when we Rest in Body –

**Matthew 11:28-30**

- i. Toil
- ii. Labor
- iii. Works

iv. Weariness

b. What ends when we Rest in Mind –

2Corinthians 10:3-6

Romans 12.1-2

1Peter1.13-16

i. Doubt

ii. Confusion

iii. Worry

iv. Fretting

v. Questioning

c. What ends when we Rest in Emotions –

Zechariah 8.14-17

i. Fear

ii. Anger

iii. Anxiety

iv. Frustration

v. Hopelessness

d. What ends when we Rest in Spirit –

Psalm 4.6-8

Psalm 119.165

- i. Unease
- ii. Struggle
- iii. Striving
- iv. Chaos
- v. Sin

### III. WHAT IS THE SOURCE OF OUR REST?

a. The only source of our rest is the Rest of God Himself. –

Exodus 33.14-15

b. We only access this rest through the shed blood of Jesus Christ

John 14.6

Isaiah 53

c. We have only the hope of heaven and the pleasure of God forever to combat the darkness

**Isaiah 32.16-20**

d. The only peace available in this lifetime is this hope.

**Isaiah 54.1-17**

#### **IV. WHAT REMAINS FOR THOSE WHO DO NOT ENTER HIS REST?**

a. The promises of God are always true

b. Those who are not found in Christ at the day of His coming will be cast out and sent to hell

**Hebrews 10.26-31**

c. The misery of this life will not only continue, it will be amplified beyond our wildest fears and darkest terrors of the night

d. The things that are promised as resting from, will not only be unassuaged, they will be exacerbated

e. There is no chance for a redo at that moment

Hebrews 9.27

f. There is no last opportunity to repent promised

Romans 13.11-14

g. There is no promised opportunity beyond THIS day, THIS moment

2 Corinthians 6.1-2

1 Thessalonians 5.1-10