

Sunday Morning, July 30, 2023
The Extraordinary Rest of Jesus
Hebrews 4:1-16; Psalm 95

Introduction

The writer to the Hebrews presents his hearers with a physical map of familiar names, places, and events, and then he overlays it with a spiritual map to show how these ordinary coordinates of rest served as shadows, types, figures and patterns to point to the reality, the extraordinary rest of Jesus.

- I. The Promise of Rest (1-3)
 - A. On the ordinary map, the promise of rest is a destination, a land flowing with milk and honey, after a miraculous deliverance from the house of bondage by Moses (3:16-19).
 - B. On the extraordinary overlay, the promise of rest is Jesus as the virtuous prophet who reveals God's will concerning our salvation (2; 1:1-3; 2:3-4; 2 Corinthians 1:20).
 - C. The exhortation is to enter his promise of rest by listening to his voice (1, 3; 3:14-15; Matthew 11:28-29).
- II. The Pattern of Rest (3c-13)
 - A. On the ordinary map, the pattern of rest is the work-rest sequence of the fourth commandment of the moral law given on Mount Sinai. Even though Joshua brought them into the land of promise, David referred to another rest (3c-7; Deuteronomy 5).
 - B. On the extraordinary overlay, the pattern of rest is Jesus as the efficacious high priest who offered up his own life for the forgiveness of our sins. He remains a Sabbath rest for the people of God (8-10; John 1:29; 19:30)
 - C. The exhortation is to follow his pattern of rest by ceasing from our own work through faith in his substitutionary work on our behalf (11; Ephesians 2:5, 8-9)
- III. The Pathos of Rest (14-16)
 - A. On the ordinary map, the pathos of rest is the centrality of worship in Jerusalem on Mount Zion and the convergence of prophet, priest, and king for the good of the people of God (7, 16; Psalm 48:2; 95).
 - B. On the extraordinary overlay, the pathos of rest is Jesus as the benevolent exalted Lord who shepherds our souls (16; 1:8-9; 2:12; 7:1-2; 12:2).
 - C. The exhortation is to enjoy his pathos of rest by drawing near to his throne of grace (14-15; 10:19-22; 12:22-24).