

Sermon series: *Reminders for a Hard Season*
3/19/23 “Rest 2: He Sees All,” Hebrews 4, NLT

INTRODUCTION:

Rest: a resting from labors (vs 10); a place of rest, (*Mounce*); peace in God’s presence after the trials of life on earth are ended (*Thayer*)

Context: God’s deliverance, 40 years of wandering—that generation died, never entering the Promised Land & God’s rest

Heb. 4:1 warning: some of God’s children will not enter His rest

Evidence this rest exists: God rested 7th day (7), told Hebrews of rest to come, has promised it to us (1, 9), encourages us to seek it (11).

MAIN IDEA: Seek to enter God’s rest *today*. How? Here are three things to do.

I. First, believe (2-3)

- A. churches are full of people who know *about* Jesus
- B. hearing must be mixed with faith (MEV)

Faith/believe: *Fire Bible:* not just what we believe about Jesus but an active response from our heart to follow Him as Lord. Includes 4 main elements: 1. Believing the Gospel with all our heart, surrendering, devoting ourselves completely to Him. 2. Repentance. 3. Obedience to Him & His word. 4. Passionate devotion to Him: complete trust, love, gratitude & loyalty.

- C. belief is shown by action: OBEDIENCE (vs. 6, 11)
 - 1. we obey Him because we believe He IS
 - 2. we obey because we love Him
 - 3. we obey because we are thankful
 - 4. we obey because we fear Him (1, 3)

ILLUSTRATION: “ “ changed work sched., girlfriend; Saul

II. Second, be “in” the word (12-13)

soul: psyche = our emotions, thoughts, desires, will; continues to live after body dies; created when spirit enters flesh

spirit: pneuma = in NT refers to spiritual part of our being—the part of us most in contact with God; lives on after body dies

From Fire Bible...

- A. **exposes our thoughts & desires... (*He sees all*)**

EX: my pride; I want fame we see them in truth: good or evil

- B. **speaks to our spirit; His Spirit in us teaches us**

EX: “Don’t worry about tomorrow. Rejoice in God.”

- C. **exposes our motives & desires in conflict with God**

NOTE: Otherwise, we think we’re fine with God & that He agrees with how we feel, what we do or want.

EX: “I haven’t forgiven. I need to.”

- D. **softens or hardens our hearts**

EX:

Application: Read slowly, prayerfully, giving Holy Spirit opportunity to “flag” us. Reread verse or verses flagged, praying, asking, “Jesus, what does this mean for me?”

ILLUSTRATION:

III. Finally, “own” our faith (14-16)

Hold firmly: grasp, be strong, take possession

- A. “buy into” our relationship with Him...commit wholly

EX:

- B. trust His compassion because He knows our weaknesses
- C. come boldly (without fear) to God in our need

Boldness: boldness & feeling free to talk with Him

- 1. can feel too ashamed, hopeless, fearful
- 2. He shows us mercy & grace to help us

ILLUSTRATION:

CONCLUSION: To enter His rest, believe, be in the word, hold firmly (own our faith).

ALTAR: Do you believe? Salvation? Water baptisms

Celebrate with those who were baptized

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