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 Hebrews 4:1-3

- Context: Israelites – restless wanderers.
- “Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have believed enter that rest.”

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 Hebrews 4:1-3

- God wants His people to enter rest. What is the rest that God is offering His people?
- The rest of God is the gospel of the kingdom; it is the fullness of our salvation. (“For we also have had the good news proclaimed to us...”)
- It is the eternal rest of heaven. (eternal resting place)
- It is the Sabbath rest. (Heb 4:4-5, 9-10)

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### Hebrews 4:4-5, 9-10

- Heb 4:4-5, ""On the seventh day God rested from all his work.' And again in the passage above he says, 'They shall enter my rest.'"
- Hebrews 4:9-10, "There remains, then, a Sabbath-rest for the people of God; for those who enter God's rest also rest from their own work, just as God did from his." (Sabbath purpose)

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### Hebrews 4:4-5, 9-10

- Sabbath is primarily about relationship. The rest of God, the Sabbath rest, is a rest that comes through intimacy with God. God is not hurried. God is not worried. God is not bothered. God is not frazzled. God is not confused. God is not befuddled. God is not irritable. God is not fearful. God is not fretting over the circumstances of our lives or our world. And when we take the time to stop & slow down & connect with God, We connect to this Sabbath rest of God. (swimming to the dock)

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### Hebrews 4:7

- How do we enter this rest? (Hebrews 3:7, 3:15, 4:7, "Today, if you hear his voice, do not harden your hearts.") We enter God's rest by hearing God's voice with a soft heart. When God speaks, we listen.
- God speaks through the Word; God speaks through the Spirit. His voice is heard in both. When God speaks, we listen.

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### Hebrews 4:12-13

- “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.” (e.g., discouragement – slow leak) (Prov 4:23)

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### Hebrews 4:14-16

- Be careful how you listen to God’s voice. There is hope for all those who listen. There is rest. There is the fullness of our salvation, the fullness of the kingdom. When you wander, God awaits for our return. Return with all your hearts. (Hebrews 4:14-16)

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### Hebrews 4:14-16

- “Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weakness, but we have one who has been tempted in every way, just as we are – yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

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### Hebrews 4:14-16

- Return to Jesus with all your heart. Jesus has entered into the eternal rest of heaven. (v.14 – we have a great high priest who has ascended into heaven.) Jesus can empathize with our weakness. (v.15)
- Return to Jesus. V. 16, “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Come with confidence – for mercy & help. (Joel 2; symbols)

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