

# **God's Promised Rest**

## *Rest Amidst the Stress*

**October 10, 2011**  
**Hebrews 4:1-13**

### **I. God's Rest...Review and Introduction:**

- a. Israelites were not able to enter God's rest because of:
  - i. Hardened hearts...Hebrews 3:7-11
  - ii. Unbelief and disobedience...Hebrews 3:18-19

### **II. God's Rest...It's A Promise Based on Faith**

- a. A promise...Hebrews 4:1
- b. A warning...Hebrews 4:1-2

### **III. God's Rest...It's A Promise Based on Faith, Love & Obedience**

- a. God rested from His work...Hebrews 4:3-4
- b. God continues to Work... Psalm 107:4-9; John 5:15-21
- c. We can enter God's rest...Hebrews 4:3; John 14:23 & 27; Matthew 11:28; 2 Corinthians 11:23-28

### **IV. God's Rest...It's A Promise – “Today” Past & Present**

- a. Today-Past...Hebrews 4: 7 & 8
  - i. NOT available by man's efforts... Joshua 1:1-3; 13:1 and Judges 1:1; 2:6-13.
- b. Today-Present...Hebrews 4:9
  - i. ONLY available by God's provision... Hebrews 4: 7 & 9

### **V. God's Rest...The Work of Resting**

- a. We rest as God rested...Hebrews 4:10
- b. We work as we enter God's rest... Hebrews 4:11; John 6:28-35; Galatians 3:1-3

### **VI. God's Rest...The Requirements of Resting**

- a. Faith & Obedience... John 6:28-35; Galatians 3:1-3
- b. Respect for God's Word...Hebrews 4: 12 & 13; Deuteronomy 17:18 & 19

### **VII. God's Rest...The Results of Resting**

- a. God's presence and vigilance... Hebrews 4: 12 & 13
- b. Long Reign and Life...Deuteronomy 17:20; 2 Peter 1:4