

FULFILLED  
IN CHRIST

# THE BOOK OF HEBREWS

Hebrews 4:1-11  
“Rest. Stop.”



# The Exodus



Through the  
Yeshimon / Desert / Wilderness

A place of utter dependence  
(and forgetfulness,  
and exhaustion)

Called to "take care" and "exhort"

Headed into  
The Promised Land / REST

## Hebrews 4:1-11

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup> For we who have believed enter that rest, as he has said,

*“As I swore in my wrath, ‘They shall not enter my rest,’”*

although his works were finished from the foundation of the world. <sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.”

<sup>5</sup> And again in this passage he said,  
*“They shall not enter my rest.”*

<sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

*“Today, if you hear his voice, do not harden your hearts.”*

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

## “His Rest”

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...they were not united by faith...

Aurelius

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### Romans 13:13-14

<sup>13</sup> Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. <sup>14</sup> But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

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“Perhaps we ate some of them, but our real pleasure consisted in doing something that was forbidden...The evil in me was foul, but I loved it.”

(as an adult) “I cry out in joy, confessing your glory, like a man exultant at a feast. But my soul is still sad because it falls back again and becomes an abyss, or rather, that it is still a deep abyss.”

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“You have made us for yourself, O Lord,  
and our heart is restless until it rests in you.”



## Saint Aurelius **Augustine** -- 354-430 -- “Doctor of the Church”

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World-Rest

I need \_\_\_\_\_  
in order to make  
me happy.

## World-Rest

I need \_\_\_\_\_  
in order to make  
me happy.

## Religious-Rest

I need to \_\_\_\_\_  
in order to make  
God happy.

## Gospel-Rest

Jesus did everything to satisfy God and us.

<sup>2</sup> For *good news (“Gospel”)* came to us just as to them...

### Hebrews 10

<sup>12</sup> But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, <sup>13</sup> waiting from that time until his enemies should be made a footstool for his feet. <sup>14</sup> For by a single offering he has perfected for all time those who are being sanctified.

(God's) works were finished from the foundation of the world...  
God rested on the seventh day...

<sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.



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Heart Rest
Daily Bread

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Heart Rest	Approval Rest
Daily Bread	"It is Finished"

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Heart Rest	Approval Rest	Sabbath Rest
Daily Bread	"It is Finished"	Rhythmic Rest

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Heart Rest	Approval Rest	Sabbath Rest	Ultimate Rest
Daily Bread	"It is Finished"	Rhythmic Rest	Genesis to Revelation

## Strive

<sup>11</sup> Let us therefore *strive* to enter that rest, so that no one may fall by the same sort of disobedience

“Fear...” -- Take this Seriously

“United by Faith” -- Respond



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“Fear...” -- Take this Seriously

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## Crossed the Jordan

Stop.  
Trust.  
Enjoy.  
It is Finished.

# Strive

<sup>11</sup> Let us therefore *strive* to enter that rest, so that no one may fall by the same sort of disobedience

“Fear...” -- Take this Seriously

“United by Faith” -- Respond

## Crossed the Jordan

Stop.  
Trust.  
Enjoy.  
It is Finished.

## The Other Side of the Jordan

It is Finished.  
Trust.  
Step.  
Enjoy.

## Augustine, "Confessions" c. 400

Belatedly I loved thee, O Beauty so ancient and so new, belatedly I loved thee. For see, thou wast within and I was without, and I sought thee out there. Unlovely, I rushed heedlessly among the lovely things thou hast made. Thou wast with me, but I was not with thee. These things kept me far from thee; even though they were not at all unless they were in thee. Thou didst call and cry aloud, and didst force open my deafness. Thou didst gleam and shine, and didst chase away my blindness. Thou didst breathe fragrant odors and I drew in my breath; and now I pant for thee. I tasted, and now I hunger and thirst. Thou didst touch me, and I burned for thy peace.

# Lord's Prayer

Our Father who art in heaven,  
Hallowed be thy name.  
Thy kingdom come,  
Thy will be done,  
On earth as it is in heaven.

Give us this day our daily bread;  
and forgive us our debts,  
as we forgive our debtors;  
and lead us not into temptation,  
but deliver us from evil.

For Thine is the Kingdom, and the Power, and the Glory, Forever.

Amen

# Benediction

## Numbers 6

<sup>24</sup> The LORD bless you and keep you;

<sup>25</sup> the LORD make his face to shine upon you and be gracious to you;

<sup>26</sup> the LORD lift up his countenance upon you and give you peace.

Please join us up front after worship if you'd like for us to pray with you