THE BOOK OF HEBREWS

JESUS IS THE BETTER CHOICE

Jesus Christ: The Better Choice

- A better messenger
- Better than the angels
- Better than Moses
- A better rest
- A better high priest
- A better priesthood
- A better covenant
- A better tabernacle
- A better sacrifice
- A better way of living
- A better faith
- A better kingdom



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Enter Into His Rest

Hebrews 4:1-13

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Effects of sleep deprivation/insufficient rest

- headaches, blurred vision, dizziness, nausea
- weakened immune system
- irritability, stress, anxiety, mental confusion, memory loss
- impaired learning & decision making
- diminished hand/eye coordination, motor skills, slowed reaction time
- increased likelihood of injuries & car accidents

Darlene Zagata, ehow.com

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4:1 Therefore, let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it.

"fear", from the Grk *phobeo*

Acrophobia
Androphobia
Bogyphobia
Cyberphobia
Dentophobia
Arachibutyrophobia

let us fear coming short of God's rest

1. The rest of Creation Gen. 2:2, Heb. 4:4

2. The rest of Canaan, the promised land Heb. 3:7-11

3. The rest of Salvation Matt. 11: 28 Jesus said "Come to Me … and I will give you rest".

4. The rest of Service Matt. 11:29 Jesus said, "Take My yoke upon you…and you will find rest for your souls".

5. The rest of Heaven (Sabbath rest) Heb. 4:9.

Bill MacDonald

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4:2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.

* It's not enough to hear the good news, we need to believe it

4:3 For we who have believed enter that rest,
* The key to entering God's rest is faith in Him.

just as He has said, "As I swore in My wrath, They shall not enter My rest,"
* Unbelief keeps us from God's rest.

although His works were finished from the foundation of the world.
* The provision of rest is based on God's completed work.

4:4-6 For He has thus said somewhere concerning the seventh *day*, "And God rested on the seventh day from all His works"; and again in this passage, "They shall not enter My rest." Since therefore it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,

* God's rest is offered to all, but it can be refused through unbelief

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4:7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, Do not harden your hearts."

*God's offer of rest did not end with Israel in the wilderness. It is still valid "Today."

4:8 For if Joshua had given them rest, He would not have spoken of another day after that.

* If Joshua's entrance into the Promised Land was the ultimate fulfillment of God's rest, why would God continue to offer it?

4:9 There remains therefore a Sabbath rest for the people of God.

Exodus 31:16,17 "So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased *from labor, and was refreshed."*

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4:9 There remains therefore a Sabbath rest for the people of God.

* The Sabbath day is a type or symbol of God's rest. He is not asking us for a ritual observance of a day but for the reality of what that day symbolizes: true spiritual rest found in a personal relationship with Christ that will last forever.

4:10 For the one who has entered His rest has himself also rested from his works, as God did from His.





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4:10 For the one who has entered His rest has himself also rested from his works, as God did from His.

Eph 2:8-10 "For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

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4:11 Let us therefore be diligent to enter that rest, lest anyone fall through *following the same example of disobedience.*

Wuest: "These first-century Jews who were on the point of renouncing their professed faith in Messiah and of returning to the sacrifices of Judaism, are exhorted to give diligence, take care, exert themselves, hasten to enter the rest in Messiah."

4:12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.



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4:13 And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

Prov 15: 3,4 The eyes of the LORD are in every place, Watching the evil and the good.

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Jesus said, "Come to Me, all who are weary and heavy-laden, and I will give you rest. "Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls."
Matt. 11:28,29

*Have you entered into His rest?

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The Better Choice

Jesus Christ

Encouragement From The Book of Hebrews

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