

Rest For Your Soul
Hope Chapel Honolulu
Hebrews 4:1-13

“Today, if you hear his voice, do not harden your hearts.” For if Joshua had given them rest God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from His.”
(Hebrews 4:7-10, ESV)

Introduction

Perhaps you are familiar with these words of Christ: “Come to me all who labor and are heavy laden, and I will you rest. Take my yoke upon you and learn of me, for I am gentle and lowly in heart, and you will find rest for your souls” (Mt11:27-30). In many ways we should see the Sabbath as much more than just a weekly obligation to go to church but as an eternal covenant (Ex31:16, Le24:8, Isa56:1-8) God has made to share His reward and rest with both Jews and Gentiles. Just as God Himself grants repentance and restores our souls, so our faith journey will someday be completed by rest and reward because of God’s power, love and faithfulness and not our own.

1. It is not the hearers of the Word who are blessed, but the doers. (Hebrews 4:1-5)

- a) Hebrews reminds us of the generation lost in the wilderness of Sin (Ex16:1, Nu33:11).
- b) An entire generation was lost because of their unbelief and disobedience (He3:7-19).

2. There remains a Sabbath rest for the people of God. (Hebrews 4:6-10)

- a) “Today, if you hear His voice, do not harden your hearts” (Nu14:1-38, Ps95:1-11).
- b) The symbolism of the Promised Land then and the New Heaven and New Earth now.

3. Let us trust and obey so we can be assured of entering that rest. (Hebrews 4:11-13)

- a) Repentance is rightly judging ourselves and always begins where we have doubted God.
- b) God sees past our ability to our motivation by means of His Word and Spirit.

Conclusion

That "*there remains a rest for the people of God*" indicates that God is restoring all creation to that state of satisfaction and joy He sensed at the end of that Sixth Day (Ge1:24-2:3, Ro8:18-25). Christ calls us to Himself that we might be restored to all that was intended for us at Creation, and to cease trying to recreate ourselves. When we choose to be motivated by pride, selfishness and rebellion; when we continue to work beyond our capacity and lose hope, we may eventually lose ourselves and everything valuable to us (Mt11:28-30). God leads us to repentance; it's our choice to return to Him, to abide in His love, and so allow God to complete the work He has begun in us.

For our prayerful study, discovery and application:

1. What did you learn about repentance, reconciliation, restoration and rest from this series?
2. Where and when have you doubted God and how did His kindness lead you to repentance?
3. What did the Word and Spirit of God remind or teach you anew about God’s work in your life?

o80518cdg@hch