

Rest Is Found In Christ Alone

Hebrews 4

Rest, what a glorious reality! We all need it! In the face of all we have experienced in 2020, we need rest. Today, we face a new kind of fatigue called “COVID fatigue”, or what is being described as “caution fatigue”. It is the added stress of trying to stay healthy and avoid sickness or the fear and stress related to exposing our loved ones to the virus. This is a heavy load! We all need some rest!

- _____ rest was provided through the establishment of the Sabbath. (4:4 & 9) When God established the Sabbath day as a day of rest, it was not a suggestion; it was a solemn command.
- God knew our sinful tendencies to overwork and to overwork others. Being a “workaholic” is a sinful characteristic. God designed and modeled a time for rest and worship! (Exodus 20:8-11 & 23:12)
- A _____ of rest was promised to the people of God. (6-8) The writer of Hebrews has been using the Israelites as an example or illustration of those that failed to enter into the rest due to unbelief. Rest for them was associated with a place, the place promised by a covenant to Abraham. (Exodus 33:14 & 1 Kings 8:56)
- The _____ of Christ has provided us with spiritual rest. Matt. 11:28-29, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

Christ provides us with all that we need for eternal life, a life characterized by peace and rest both now and eternally. **The question we should ask is, “how do I enter into this rest?”**

- It is entered into by _____. (2-3) The good news preached must be united with a heart of faith. The death, burial and resurrection of Christ (the gospel) provides no rest to those that reject it.
- It can be _____ due to disobedience. (6 & 11) Some heard the good news, but forfeited the blessings of rest due to a life of disobedience. If we willingly, continually walk in disobedience, we will forfeit the peace and rest available to those who walk in obedience to Christ!
- It will only be _____ realized in our glorified future state. (8-10) In this present life, we will often fail to find our rest in Christ, being anxious and stressed. But praise the Lord, a day of rest is coming for the people of God! (Rev 14:11-13, Rev 6:10-11 & Isa 57:1-2)

Albert Mohler, “The gospel is the message of Christ’s accomplishments on our behalf so that we might “rest” from our works by trusting his work. When we trust in Christ’s work, we rest from trusting in our own.”

Question: Are you resting in Christ? Are you walking in faith and obedience, so as to experience the rest Christ has provided? If not, then why not?