

Sermon Notes

Rest

"Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made." (Genesis 2:1-3)

1. Rest is Essential for A Healthy Relationship with This World

"Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; {in it} you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy." (Ex 20:8-11)

Leviticus 25 and Deuteronomy 15

"The LORD your God will bless you as he has promised, and you will lend to many nations but will borrow from none. You will rule over many nations but none will rule over you" (Deuteronomy 15:6).

2. Rest is Essential for A Healthy Relationship with God

"Therefore, just as the Holy Spirit says, "Today if you hear His voice, do not harden your hearts as when they provoked me in the day of trial in the wilderness, where your fathers tried me by testing me and saw my works for 40 years. Therefore I was angry with this generation and said, 'They always go astray in their heart and they did not know my ways; as I swore in my wrath, 'They shall not enter My rest.'" (Heb. 3:7-11)

"Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. 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. For we who have believed enter that rest, just 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. For He has 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." Therefore, since it remains for some to enter it, and those who formerly

had good news preached to them failed to enter because of disobedience, 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." For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through {following} the same example of disobedience." (Heb. 4:1-11)

"But to the one who does not work, but believes in Him who justifies the ungodly, his faith is credited as righteousness," Romans 4:15

3. Living in God's Rest

"In repentance and rest you will be saved and in quietness and trust is your strength." (Isa. 30:15)

"My presence shall go {with you,} and I will give you rest." (Ex. 33:14)

"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 WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light." (Matthew 11:28-30)

"Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither {can} you unless you abide in Me." (John 15:4)

For Further Thought and Discussion

Getting Started

1. What was helpful to you in this week's sermon? What didn't you understand?
2. Why do you think the 4th Commandment is the only one of the 10 not to be repeated in the New Testament?

Going Deeper

3. What does Genesis 2:1-3 reveal about God? About us?
4. Why is rest essential for life in this world? Do you think you have found a healthy balance between work and rest? Why or why not?
5. Please read Ex. 20:8-11. How do we apply this command today?
6. Please read Hebrews 3:7-11 and 4:1-11. What do you learn about God's rest from these verses? How can I know if I've entered God's rest?

7. What do Isa. 30:15, Exodus 33:14, Matt. 11:28-30 and John 15:4 tell you about living in God's rest?

Application

What is one thing you can do this week to apply this passage?