



Shofar Christian Church

**#knownforlove**

**Rest in His completed work**

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What is rest?

Why do we need rest?

Rest from activities(mind) - Stellenbosch,  
Prezence

Bodies require rest to recover. Our ever  
present weakness lies in our daily need for it

If our mind and body needs rest, would our  
spirit require the same?



## Ps 95:7-11

**Today**, if only you would hear his voice, “Do not harden your hearts as you did at Meribah, as you did that day at Massah in the wilderness, where your ancestors tested me; **they** tried me, though they **had seen what I did**.

For forty years I was angry with that generation; I said, ‘They are a people whose hearts go astray, and they have not known my ways.’

So I declared on oath in my anger, ‘**They shall never enter my rest**.’

# Israel on their way to the promised land

The promised land was a land of rest where God promised His people “large and beautiful cities which you did not build, houses full of all good things, which you did not fill, hewn-out wells which you did not dig, vineyards and olive trees which you did not plant” (Deuteronomy 6:10–11).

The spies came back with bad report.  
Unbelief entered in through fear.

They walked through the red sea, a whole nation thirst was quenched from a rock, there was a fire column they followed in the evening and a cloud by day

Heb 3:19 So we see that they were not able to enter, because of their unbelief.

The promise of God's rest was dependant on their hearts, not their position.



Heb 4:6-8

Those who first heard the Good News **did not receive that rest**, because they did not believe. There are, then, others who are allowed to receive it.

This is shown by the fact that God sets another day, which is called “Today.” Many years later he spoke of it through David in the scripture already quoted:

“If you hear God's voice today, do not be stubborn.”

If Joshua had given the people the rest that God had promised, God would not have spoken later about another day.

David wrote Ps 95:7 **Today...** while they were in the promised land.

Promise ≠ Inheritance

Who would like to enter **THAT** rest?



Heb 4:1-3,6

Now, God has offered us the promise that we may receive that rest he spoke about. Let us take care, then, that none of you will be found to have failed to receive that promised rest.

For we have heard the Good News, just as they did. They heard the message, but it did them no good, because when they heard it, they did not accept it with faith. **We who believe, then, do receive that rest which God promised.**

Those who first heard the Good News did not receive that rest, because they did not believe. There are, then, others who are allowed to receive it.

Heb 4:7-10

This is shown by the fact that God sets another day, which is called "Today."

Many years later he spoke of it through David in the scripture already quoted: "If you hear God's voice today, do not be stubborn."

If Joshua had given the people the rest that God had promised, God would not have spoken later about another day.

As it is, however, there still remains for God's people a rest like God's resting on the seventh day.

For those who receive that rest which God promised will rest from their own work, just as God rested from his.

Did God need to recover his strength after creation?

How is Jesus our Sabbath Rest?

Jesus completed all God required so that we don't have to do any work.

John 17:4 I brought you glory on earth by finishing the work you gave me to do

What is the work that Jesus had to do on earth?



We are like the Israelites who have been freed from slavery

The free gift of salvation **gives** us:

1. New nature - John 8:34
2. New spirit - 1 Cor 2:14
3. Eternal purpose - Rom 8:29
4. New direction - Matt 7:13
5. Reconciliation - Eph 2:13-19

When he says you're a fisher of men, you are!

You are a Kinsmen redeemer

You are a steward of grace

God “raised us up together, and made us sit together in the heavenly places in Christ Jesus” (Ephesians 2:6)

1 Pet 1:3,4 By His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, reserved in heaven for you

The inheritance is ours. Are we going to seize our works and go...

In heaven

Rev 14:13 ...that they may rest from their labors

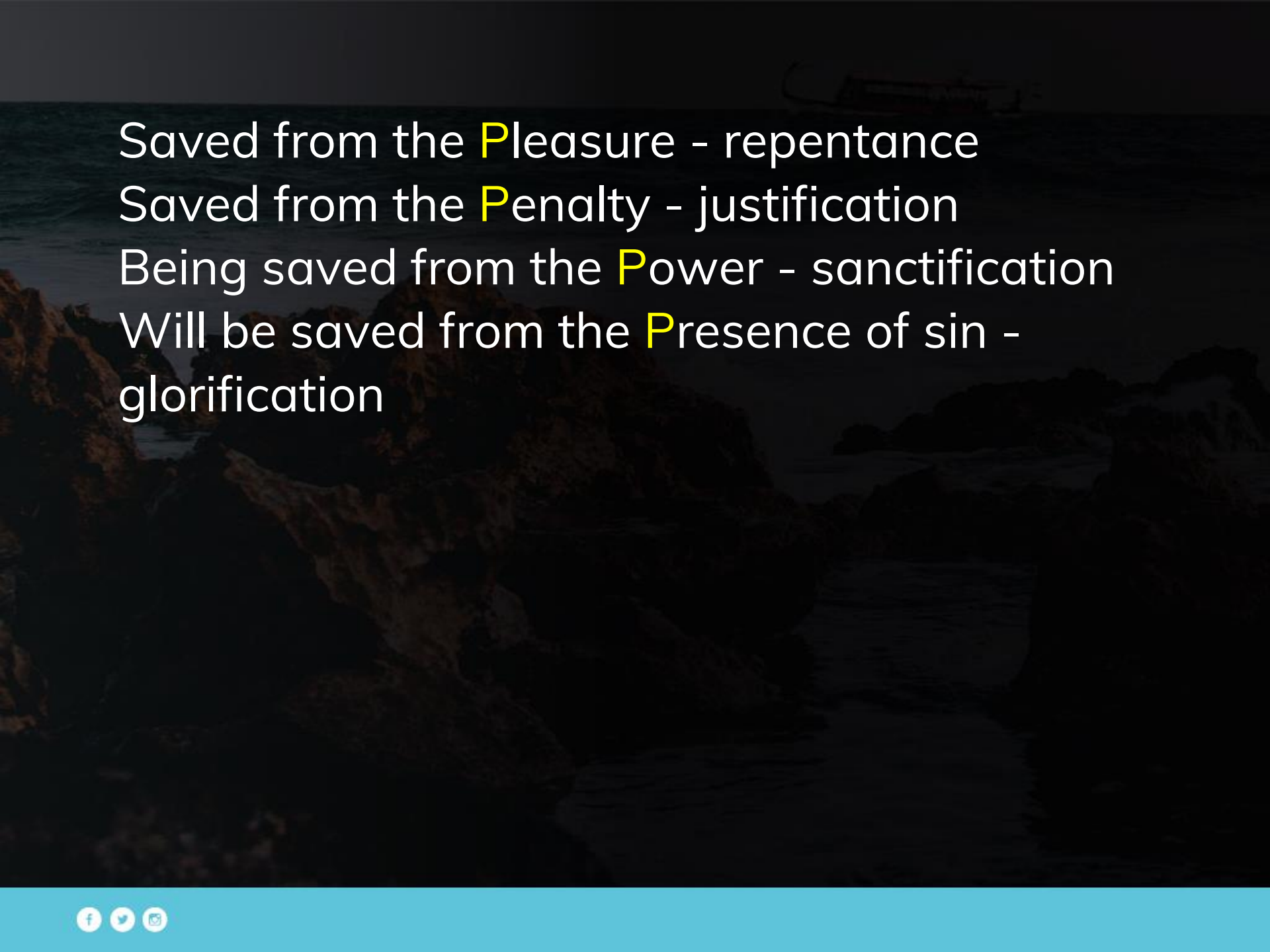
Rev 22:3 His servants will serve him

Today!! We have an **eternal invitation** to enter into that rest. Free from our works!





# Prayer



Saved from the PLeasure - repentance  
Saved from the PEnalty - justification  
Being saved from the PPower - sanctification  
Will be saved from the PResence of sin -  
glorification

For somewhere in the Scriptures this is said about the seventh day: "God rested on the seventh day from all his work." This same matter is spoken of again: "They will never enter that land where I would have given them rest." Those who first heard the Good News did not

**receive** that **rest**, because they did not believe.

This is shown by the fact that God sets another day, which is called "Today." Many years later he spoke of it through David in the scripture already quoted: "If you hear God's voice today, do not be stubborn." If Joshua had given the people the **rest** that God had promised, God would not have spoken later about another day.

It is just as he said, "I was angry and made a solemn promise: 'They will never enter the land where I would have given them rest!'" He said this even though his work had been finished from the time he created the world.

For those who **receive** that **rest** which God promised will **rest** from their own work, just as God rested from his. Let us take care, then, that none of you will be found to have failed to **receive** that promised rest.

We who believe, then, do **receive** that **rest** which God promised.

Now, God has offered us the promise that we may **receive** that **rest** he spoke about.

As it is, however, there still remains for God's people a **rest** like God's resting on the seventh day.

They heard the message, but it did them no good, because when they heard it, they did not accept it with faith.

For we have heard the Good News, just as they did.

There are, then, others who are allowed to **receive** it.



# Keywords in Heb 4:1-10

1. rest (10)
2. receive (6)
3. heard (4)
4. promised (4)
5. given (3)