

## REST STOPS

Hebrews 4:1-11

### Introduction:

- A. Today's lesson mentions \_\_\_\_\_ rest stops
- B. Today's lesson points to the u\_\_\_\_\_ rest, Jesus
- C. Today's lesson asks, are you really resting?

### The Sabbath Day (4, 9)

- A. God rested on the s\_\_\_\_\_ day from all His works (v. 4 is a quote from Gen 2:2)
  - 1. God established the sabbath day under the Old Testament L\_\_\_\_
  - 2. The law was designed to give the Hebrew people r\_\_\_\_\_ after working six days.
  - 3. This followed God's own pattern of working and resting (Ex 31:17).
- B. Many miss the point of the Sabbath law
  - 1. The Pharisees (Mk 2:23-28)
    - a. Criticized Jesus's disciples for p\_\_\_\_\_ heads of grain on the Sabbath day to satisfy their hunger
      - 1) The Pharisees had hundreds of r\_\_\_\_\_ of what not to do on the Sabbath day.
      - 2) Their focus was on the hundreds of things that one was not to do as opposed to the one thing one was to do - r\_\_\_\_\_.
    - b. Jesus responded with a scriptural example of David and his men fleeing from Saul and his army.
      - 1) They entering God's house to satisfy their hunger by eating the consecrated b\_\_\_\_\_ that only priests could lawfully eat
      - 2) Jesus concluded that the Sabbath was made for man not the other way around (i.e. it was made to s\_\_\_\_\_ man, not to enslave him).
  - 2. Some Christians
    - a. Some wrongly believe that God switched the Sabbath from Saturday to S\_\_\_\_\_ once Jesus rose from the dead, pointing to 1Cor 16:2.
      - 1) The phrase, *the first day of the week*, occurs \_\_\_\_\_ times and all are set in the time period following Christ's resurrection (Matt 28:1; Mk 16:2,9; Lk 24:1; Jn 20:1,19; Acts 20:7; 1Cor 16:2).

- 2) The Greek text reads the first day after the s\_\_\_\_\_ - therefore the Sabbath is not Sunday but the first day after the Sabbath.
- b. Wrongly teach that we should observe Saturday as the Sabbath day.
  - 1) The Sabbath law was designed to be an object lesson to lead people to Christ (Col 2:16,17)
    - a) The s\_\_\_\_\_ is the Sabbath
    - b) The s\_\_\_\_\_ is Christ
  - 2) The object lesson was that the Lord was the one who s\_\_\_\_\_ His people (Ex 31:13)/
    - i. Just as the Lord made the seventh day different
    - ii. So also the Lord makes His people different
3. The Sabbath law served its purpose until Jesus fulfilled that law and enacted the New Covenant
  - a. Jesus is our sanctification (i.e. our relationship to Jesus makes us different from the world - 1Cor 1:2,30; 6:11.
  - b. The Sabbath law was a temporary rest to lead us to Christ as our p\_\_\_\_\_ rest..

### **The Promised Land (3, 6, 8)**

- A. The generation of Hebrew people that were freed from Egypt
  1. The ones that were 20 years and older could not enter the land because of u\_\_\_\_\_ (3:19)
  2. Joshua led the younger generation into the land after \_\_\_\_ years of wandering in the wilderness.
    - a. They were t\_\_\_\_\_ of moving around
    - b. They were looking forward to staying in a place that they could call h\_\_\_\_\_ - the Promised land was their rest.
- B. The descendants of Abraham and never fully p\_\_\_\_\_ the boundaries of the Promised Land (see Gen 15:18 & Josh 1:4)
  1. There still remains a sabbath r\_\_\_\_\_ for the people of God
  2. Psalm 95:7 (quoted in Heb 4:7) calls that day T\_\_\_\_\_
    - a. This is the time period between the resurrection of Christ and His s\_\_\_\_\_ coming (the time of the g\_\_\_\_\_ - see Heb 4:2)
    - b. The ultimate rest is a p\_\_\_\_\_

## **The Person of Christ (1-3, 9-11)**

- A. The Hebrew writer does not state outright that Jesus is that ultimate rest but makes it clear in the c\_\_\_\_\_
- 1. It is possible to t\_\_\_\_\_ you have entered this ultimate rest but to in reality have fallen short of it (4:1)
- 2. The ultimate rest is connected with the g\_\_\_\_\_ (4:2)
- 3. Combining f\_\_\_\_\_ with the gospel is the entrance to that ultimate rest (4:3).
  - a. The object of our f\_\_\_\_\_ is Jesus Christ who is the Apostle and High Priest of our confession (3:1)
  - b. The one who has entered God's rest has truly rested from his works (4:10) – the work is c\_\_\_\_\_ in Christ.
- B. Jesus said in Matt 11:28, 29: *Come to Me, all you who are weary and burdened, 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.*
  - 1. Rest in Jesus for your eternal d\_\_\_\_\_
  - 2. Rest in Jesus for your d\_\_\_\_\_ living (1Pet 4:7)

## **Conclusion:**

- A. The Shadow
  - 1. The S\_\_\_\_\_
  - 2. The Promised L\_\_\_\_\_
- B. The Substance - \_\_\_\_\_
  - 1. Get wrapped up in Him as your C\_\_\_\_\_
  - 2. Get wrapped up in Him as your P\_\_\_\_\_
  - 3. Get wrapped up in Him as your God and S\_\_\_\_\_
- C. Are you really resting?
  - 1. Are you resting in Him for your eternal destiny?
  - 2. Are you resting in Him for your daily living?