

Hold Fast



1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have believed enter that rest, 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.

HEBREWS 4:1-12

4 For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." 5 And again in this passage he said, "They shall not enter my rest. 6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts."

HEBREWS 4:1-12

8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow,

HEBREWS 4:1-12

and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

HEBREWS 4:1-12

- 1) Why We Don't Rest
- 2) Our Struggle With Rest
- 3) Where We Go For Rest

1) Why We Don't Rest

¹ Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, 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.

HEBREWS 4:1-12

³ Do not harden your hearts as in the rebellion, on the day of testing in the wilderness, ⁹ where your fathers put me to the test and saw my works for forty years. ¹⁰ Therefore I was provoked with that generation, and said, "They always go astray in their heart; they have not known my ways." ¹¹ As I swore in my wrath, "They shall not enter my rest."

HEBREWS 3:8-11

- 1) What am I doing or experiencing right now?
- 2) In light of what I am doing or experiencing, what do I believe about myself?
- 3) What do I believe God is doing or has done?
- 4) What do I believe God is like?

Jeff Vanderstelt, Gospel Fluency

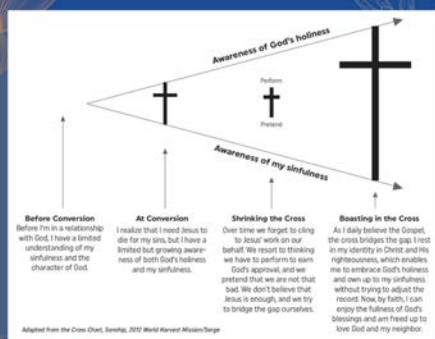
2) Our Struggle With Rest

4 For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." 5 And again in this passage he said, "They shall not enter my rest." 6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

HEBREWS 4:4-10

Let me tell you what I believe that the primary new ability of the new man is. It's dependence; the radical dependence upon God that you see coming from the life of Jesus in John, chapter 5. I used to think, "I'm dependent because I'm still sinful, but as I get less and less sinful I'll be able to act more and more on my own." Well if that's true then why does Jesus say, "I don't say a thing apart from the Father." You see perfection is complete dependence!"

Josiah Bancroft



3) Where We Go For Rest

11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

HEBREWS 4:11-13

"We start each day with our personal security resting not on the accepting love of God and the sacrifice of Christ but on our present feelings or recent achievements in the Christian life. Since these arguments will not quiet the human conscience, we are inevitably moved either to discouragement and apathy or to a self-righteousness which falsifies the record to achieve a sense of peace.

The faith that is able to warm itself at the fire of God's love, instead of having to steal love and self-acceptance from other sources, is actually the root of peace."

Richard Lovelace

"You have created us for Yourself, and our heart cannot be stilled until it finds its rest in You."

Augustine

THE BOOK OF HEBREWS

Hold Fast

 REDEEMER